

EXCLUSIVE: Women's College/Girls' High School Awards

Volleyball

5 Key Stability Exercises

2006 MEN'S COLLEGE PREVIEW

Is parity the buzz word?

HUSKY HYSTERIA

Christal Morrison and Washington blank Nebraska to win the 2005 NCAA title

FEBRUARY 2006

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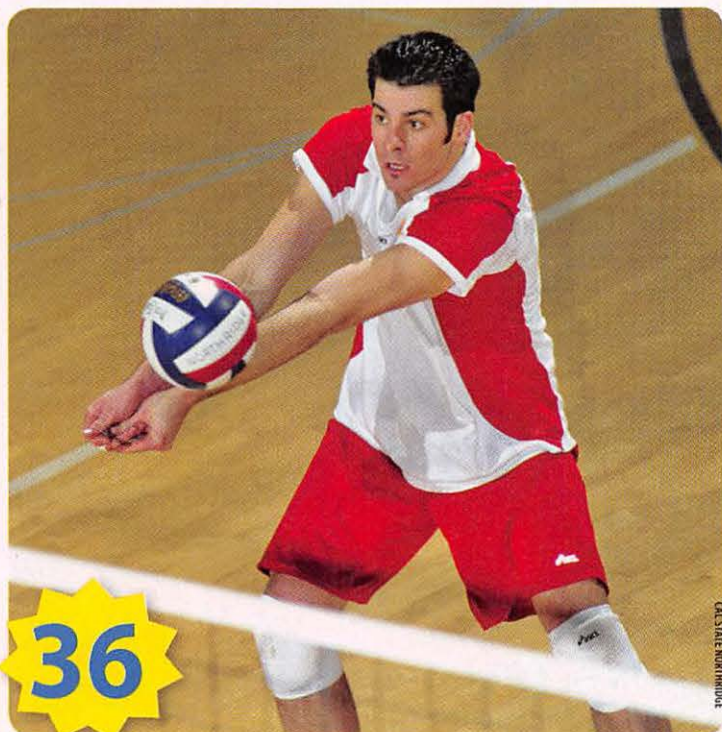
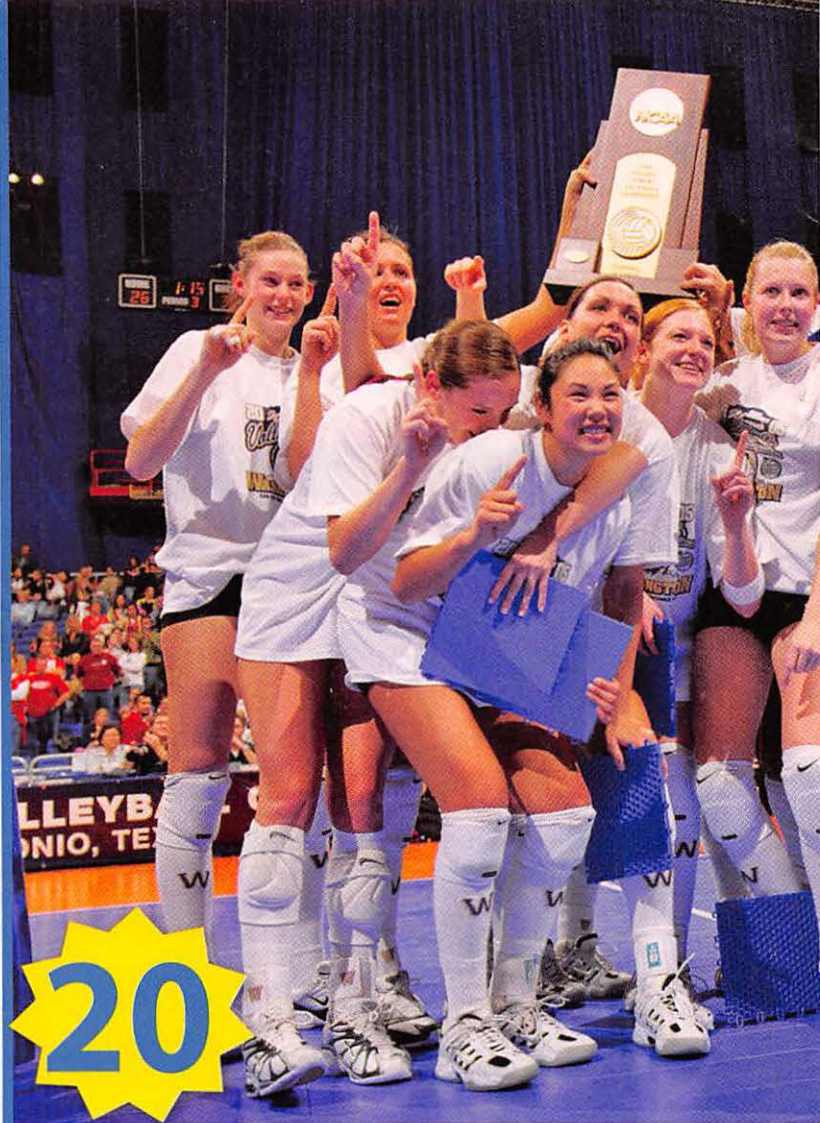
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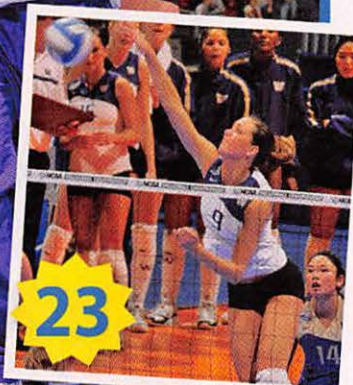
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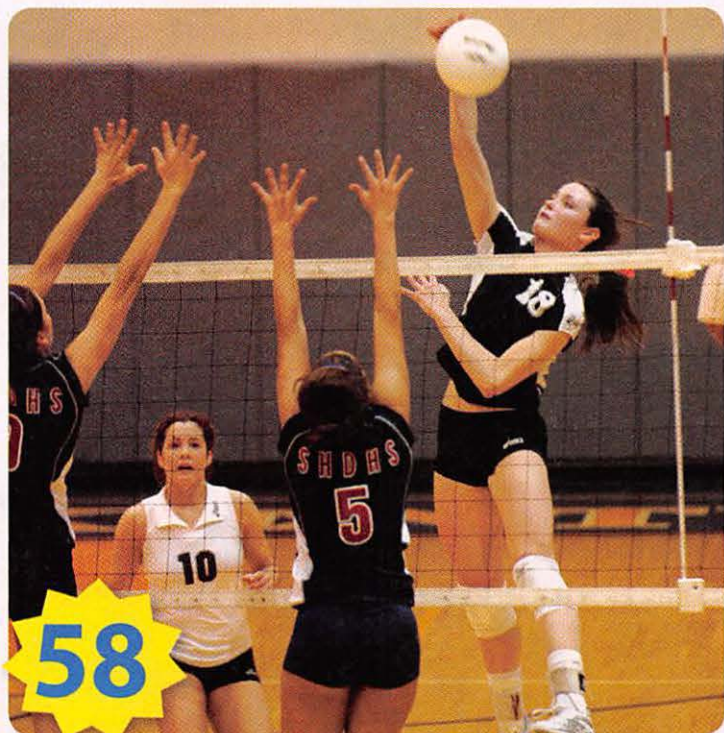
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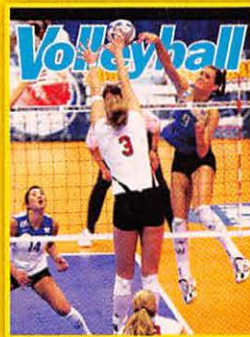
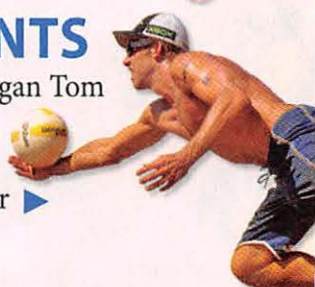
The February 2006 cover of *Volleyball* featuring Washington sophomore outside hitter **Christal Morrison** was shot by Austin, Tex.-based photographer **Andrew Loehman** during the 2005 NCAA national championship match between Washington and Nebraska at the Alamodome in San Antonio, Tex. Loehman was assisted by **William Rutledge**.

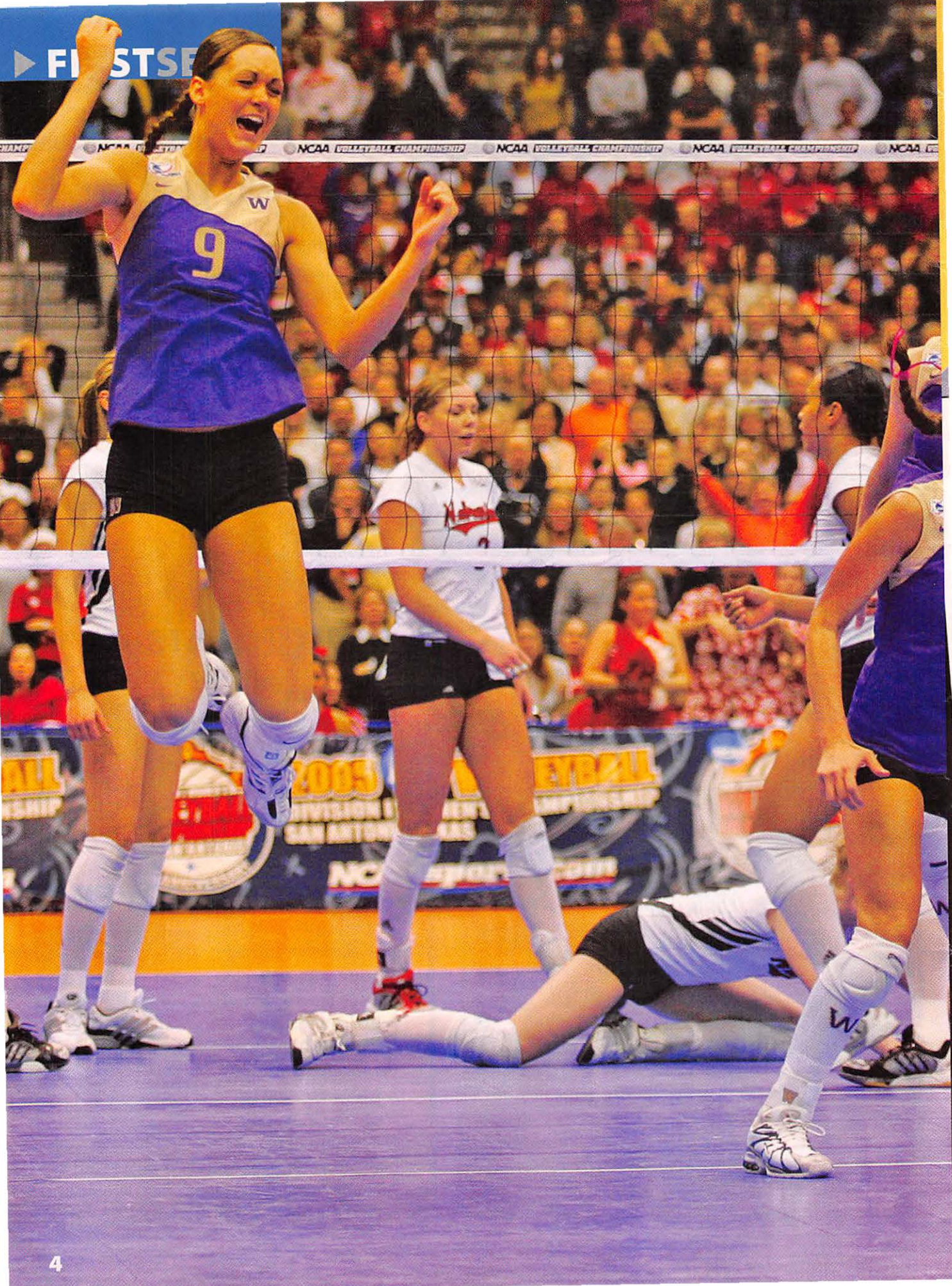


ANDREW LOEHMAN



PAUL WHITEHOUSE (WWW.ARCFIRE.NET)

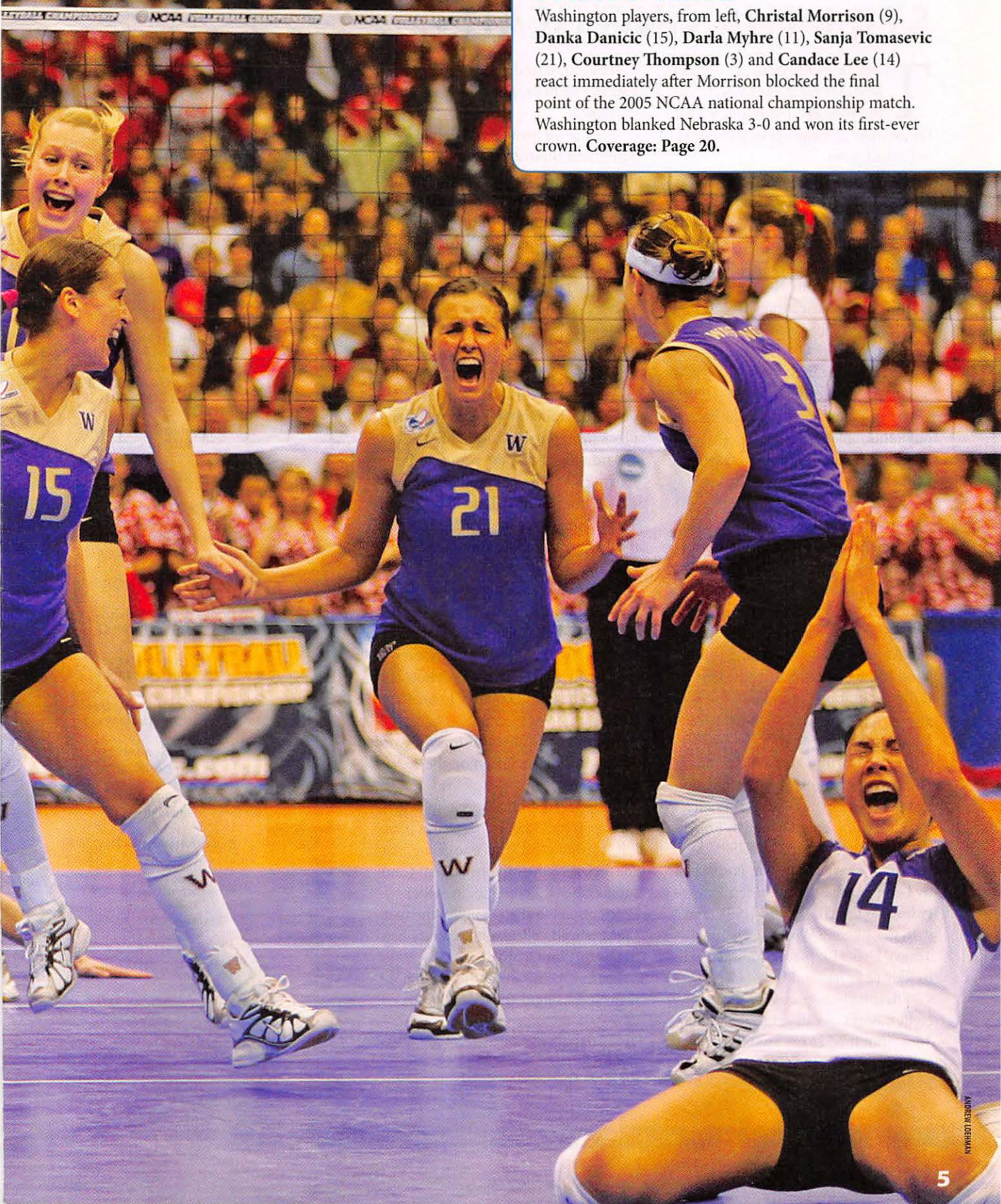




► FIRST SE

PARTY TIME

Washington players, from left, Christal Morrison (9), Danka Danicic (15), Darla Myhre (11), Sanja Tomasevic (21), Courtney Thompson (3) and Candace Lee (14) react immediately after Morrison blocked the final point of the 2005 NCAA national championship match. Washington blanked Nebraska 3-0 and won its first-ever crown. Coverage: Page 20.





STILL TURNING HEADS

Two-time Olympian and former Stanford great Logan Tom was the youngest player named to the NCAA's 25th anniversary women's volleyball team.

Her credentials make the fact she's only 24 immaterial. Tom was a two-time Honda Broderick Cup volleyball award winner and led Stanford to the 2001 NCAA title. She was a three-time NCAA all-tournament selection.

And when she was introduced to nearly 8,000 fans in the Alamodome in San Antonio, Tex. between national semifinal matches recently, she received quite the applause.

But what stuck with me was what happened as Tom was trying to leave the arena. She was hit with a steady stream of autograph requests, making her walk up one of the Alamodome's seating exits rather difficult.

"The response is very flattering," said Tom after the NCAA's 25th anniversary celebration at a downtown theatre in San Antonio the next evening. "It's a good feeling, but probably the best thing about it is at least I affected some girls in a positive light. I'm happy to do it and I'm glad to do it."

These days Tom keeps plenty busy. She's playing on the Volero professional team in Switzerland. Her teammates include fellow 2004 Olympian Robyn Ah Mow-Santos and 2002 USPV MVP Benishe Roberts. The team is coached by Long Beach State alum Jeri Estes (who also has coached in USPV and with the Russian Women's National Team). She's also played professionally in Italy (2 years) and Brazil (1 year).

"I'm usually overseas for seven to eight months. It can get tough," said Tom. "But it takes me around the world and pays my expenses. And I still love to do it."

Tom also talked about leaving the national team program after the 2004 Olympics.

"I needed a break," said Tom. "I hadn't had time off in a long time. After the Olympics was the best time to do it. I wasn't burnt out. I needed personal time to see family and travel around without volleyball. I had the time to do it and wanted to take advantage of the time."

As for a return to Colorado Springs?

"I don't know," said Tom. "I enjoy overseas and I enjoy the opportunities to meet new people. If something else comes along, I'll change. But as of now, it hasn't."

And then there's the rumor of her starting a beach volleyball career.

"A lot of people tell me that," laughed Tom. "I might try it out and see what it is — see how I like it and see how it likes me."

But for now she's happy playing in Switzerland.

"If I liked chocolate, I'd say chocolate was my favorite thing about Switzerland," said Tom. "I don't like chocolate. But it's a beautiful country to take photos in."

Tom was, at times, at a loss for words explaining her inclusion on the 25th anniversary team.

"It's a great honor, especially with these players," said Tom. "Deitre (Collins, Hawaii great) was one of my first coaches with the junior national team. I remember watching Elaina Oden (Pacific star) in the Olympics the first year I played volleyball. It's pretty hard to put this into words."

But her inclusion on the prestigious team speaks loud and clear. ■



Logan Tom

Mike Miazga

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LETTER OF THE MONTH



I've been looking at some recent issues of *Volleyball* and I saw the articles you had on the top boys' teams finishing at Junior Olympics.

I was curious if you could write an article on my club team, The LBC 17 Black, on how well we have produced in the last four Junior Olympics?

We took the gold medal in the 13s division with a win over Torrimar. We then took second after losing in overtime to Borinquen Coqui (this was our only loss the entire season in the 14s). We took fifth the next year losing to ENVOL and then we won the 16s division beating Borinquen Coqui. Two gold medals, a silver and a fifth place isn't that bad for any team.

Vince Altamura
Via e-mail



The LBC 16s won a J.O. gold medal in 2005.

Editor: Vince, your club has enjoyed a tremendous run of success over the last couple of years. From the sounds of it, you've had some great battles with different club teams from Puerto Rico. With the volleyball world being as big as it is, it's great to see people like yourself bringing to our attention impressive feats like the roll The LBC has been on. Enjoy the volleyball.

The February, 2006 Letter of the Month winner will receive a brand new **Mikasa Misty May Signature Volleyball**. For more information on Mikasa, visit www.MikasaSports.com.



KERRI WALSH

I'm a big fan of AVP player Kerri Walsh. I enjoy watching her on television. But the AVP doesn't come to South Dakota, so seeing her in person is kind of tough. Do you know how I could go about requesting an autograph from her?

Laura Hanley
Pierre, South Dakota

Editor: Laura, you can send your request to Kerri in care of the AVP, 6100 Center Drive, 9th Floor, Los Angeles, CA 90045.



Kerri Walsh

EQUIPMENT QUESTION

I was on your website and thought you might know an answer to this question. I just went and watched a women's match at the University of Minnesota and saw they were using a black and white Nike volleyball. Do you know where one could go to purchase one of those? I've been to just about every volleyball site and nobody has it for sale. Any help would be greatly appreciated.



Stuart Lee
Via e-mail

Editor: I would try two routes. First, see if there is a local sports store (not a large chain) that carries Nike sporting goods and ask if they could assist you. Smaller, local outfits sometimes can place special orders. Your

second option would be to call Nike directly and ask where you might be able to obtain one. Nike can be contacted at these numbers: 1-800-806-6453 (Niketown.com), 1-888-599-6453 (Nike Women Catalog Shopping), or 1-800-344-6453 (Nike Consumer Services).

BEACH VOLLEYBALL

My daughter just finished her high school volleyball season and has shown an interest in getting on a youth beach volleyball team.

I just subscribed to your magazine and noticed you had an article on youth beach volleyball. Is that a monthly feature or is that a special article?

My daughter is 14-years-old and stands 5'11" and passes the ball well, but needs help on her spikes. Is there a league in Indianapolis, or a video we can purchase to help her?

I have access to a volleyball court at our gym year-round. She would like to begin training immediately. Thank you for your help. We look forward to receiving your magazine.

Mark Seitz
Indianapolis, Ind.

Editor: According to the USA Volleyball website (www.usavolleyball.org), there are two facilities

listed in Indianapolis that have outdoor courts. **The Midwest Sports Complex, Inc.** can be contacted at 317-875-8833. **Capitol Sports** can be contacted at 317-791-0060. A resource for volleyball instructional videos is www.sportsnationvideo.com. There are numerous instructional videos available that are hosted by some of the game's top coaches.

FAB 50

I am a freshman playing college volleyball, but I heard some of my friends were on the Fab 50 list, but I can't find it anywhere. I was wondering when that is available?

Nick Wiskirchen
Via e-mail

Editor: Nick, your inquiry is quite common. The 2006 Boys' Fab 50 list will be available in the August 2006 issue of *Volleyball*. As we continue to make upgrades to our website (www.volleyballmag.com), look for current and past Fab 50 lists to be available via the website as well.

MAGAZINE INQUIRY

Last year, you ran a small article on a girl who played in college as a 5'2" setter. I have lost that issue and was wondering if it is still available? My daughter is a small setter with talent, but is overlooked because of her height. I wanted to give it to her to show her.

Nicci Miller
Via e-mail

Editor: Nicci, the November 2004 issue of *Volleyball* featured an item on Hofstra setter **Shellane Ogoshi**, who is 5'2". You can inquire about that issue's availability by calling our back issues department at 1-800-437-5828. Back issues are available for purchase in limited quantities.



Hofstra's Shellane Ogoshi

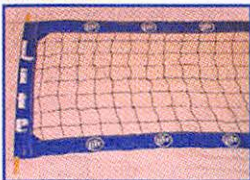
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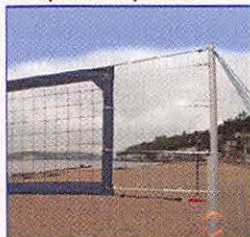
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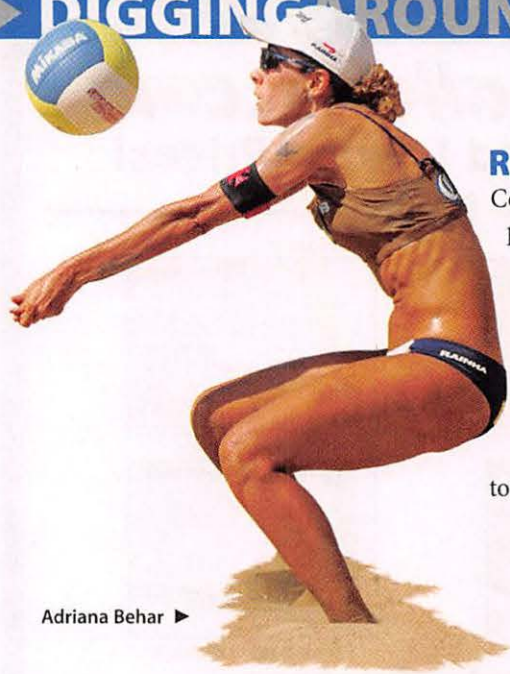
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Adriana Behar ▶

DIGGING BITS

Brazil women's volleyball star **Adriana Behar** was one of seven individuals elected to the International Jewish Sports Hall of Fame...**Molten USA** reached a long-term renewal with the **Big South National Volleyball Qualifier**, now regarded as the nation's largest amateur volleyball event held annually at the Georgia World Congress Center in Atlanta. Molten will continue as the exclusive official game ball of the event through the 2010 season...U.S. Women's National Sitting Team hopeful **Leslie Smith** was featured in a recent *USA Today* article on the U.S. Olympic Committee Paralympic Military Summit. ... Photos of Florida All-American **Jane Collymore** that ran in the January 2005 issue of Volleyball were not credited fully. The photos were taken by veteran photographer **Jim Burgess**.



RECORD BREAKERS

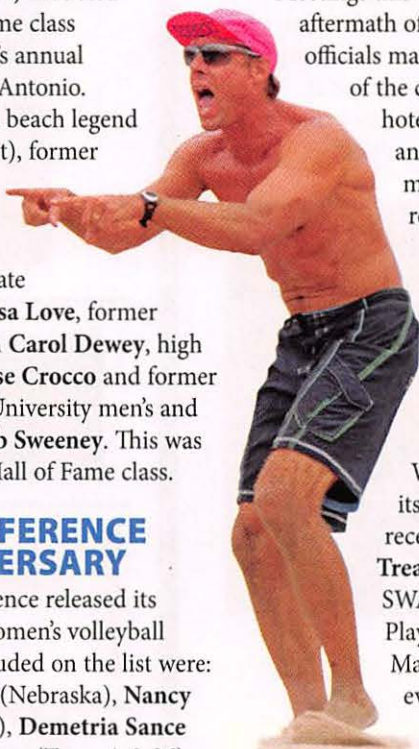
Colby-Sawyer College had four players break program career records this season. **Kathy Couture** is the new career kills leader (1,507). **Jessica Niebuhr** is the new career assists leader (3,201). **Amy Tarte** is the new career digs leader (1,776) and **Anne Coulter** is the new career total blocks leader (389).



Kathy Couture

AVCA HALL OF FAME

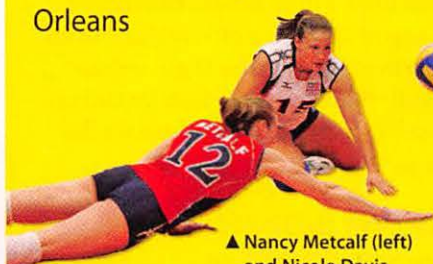
The American Volleyball Coaches Association (AVCA) inducted its 2005 Hall of Fame class at the organization's annual convention in San Antonio. Inductees included beach legend **Karch Kiraly** (right), former Texas-Arlington and USC head coach and current Arizona State athletic director **Lisa Love**, former Purdue head coach **Carol Dewey**, high school coach **Louise Crocco** and former East Stroudsburg University men's and women's coach **Bob Sweeney**. This was the AVCA's third Hall of Fame class.



BIG 12 CONFERENCE 10TH ANNIVERSARY

The Big 12 Conference released its 10th anniversary women's volleyball team recently. Included on the list were: **Greichaly Cepero** (Nebraska), **Nancy Metcalf** (Nebraska), **Demetria Sance** (Texas), **Stacy Sykora** (Texas A & M), **Kelly Campbell** (Colorado), **Amber Holmquist** (Nebraska) and **Mira Topic** (Texas).

1. Ohio University women's team—a powerhouse in Athens
2. U.S. men and women winning silver medals in Japan
3. USA Volleyball decision to keep Adult Open in New Orleans



▲ Nancy Metcalf (left) and Nicole Davis

THUMBS UP

USA VOLLEYBALL ADULT OPEN UPDATE

USA Volleyball recently announced New Orleans will remain the site of the 2006 USA Open Volleyball Championships and the 2006 USA Volleyball Annual Meetings this coming spring. In the aftermath of Hurricane Katrina, officials made a thorough evaluation of the convention center and hotels and surrounding areas and determined that it still meets the high standards required to host these annual events. Play begins May 27 and runs through June 3.

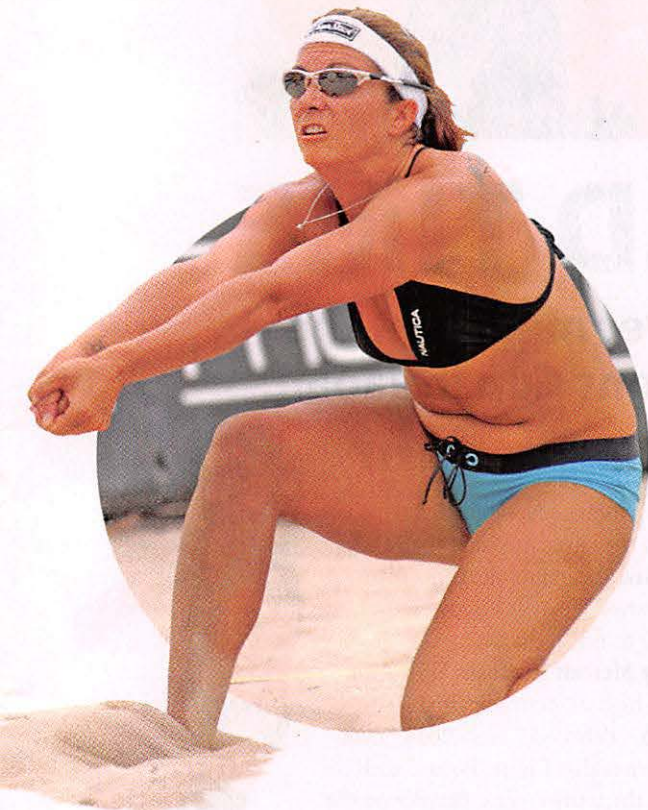
FIVB AWARDS ANNOUNCED

The SWATCH-FIVB World Tour announced its 2005 award winners recently. **Misty May-Treanor** was named the SWATCH Most Outstanding Player on the women's side. May-Treanor won four event most outstanding player awards during the season. May-Treanor and **Kerri**

Walsh won six gold medals and \$263,000 while competing in only seven

1. Iowa State, Wichita State left out of NCAA tournament
2. Some states playing 3 games and others 5 games in high school competition—let's get it uniform across the board
3. Lack of national media coverage of the sport as a whole

Wichita State setter
Andee Hartig ▶

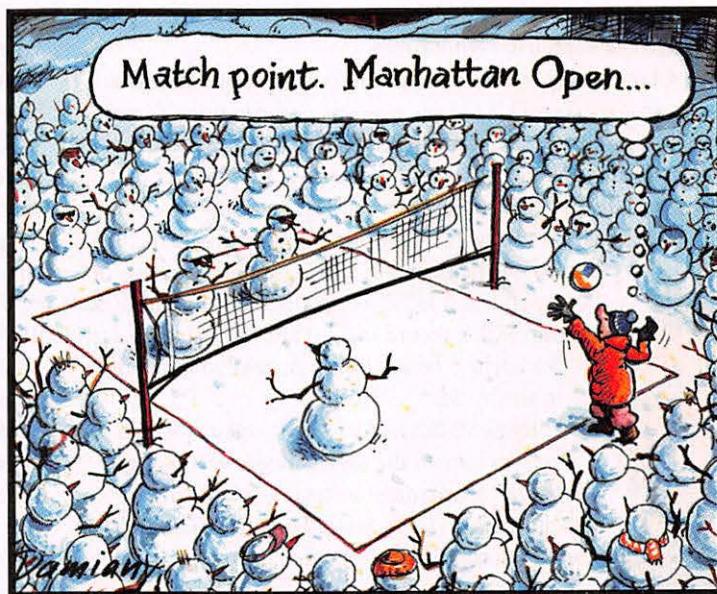


tour stops. May-Treanor (above) was also chosen as the SWATCH Tour top offensive player and best setter. Walsh was named the sportswoman of the year. Walsh also won the tour's best hitter and top blocker awards.

On the men's side, **Jake Gibb** tied as the men's top first-year player. **Todd Rogers** was named the tour's top setter.

WEDDING BELLS

AVP stars **Casey Jennings**, 30, and **Kerri Walsh**, 27, were married in early December at a resort near Palm Springs, Calif. According to a report in *People* magazine, 200 friends, family members and fellow volleyball players (see photos below) attended the ceremony, which was held at the La Quinta Resort. Walsh's partner, Misty May-Treanor, was one of seven bridesmaids. Jennings' partner, Matt Fuerbringer, was one of the groomsmen.





ALL PHOTOS COURTESY FIVB

A GRAND OLD TIME

Both U.S. national teams won silver medals at the recent FIVB World Grand Champions Cup in Japan.

U.S. MEN

The U.S. Men's National Team finished the event at 4-1 and secured the silver medal with a 3-0 victory over China at the Tokyo Metropolitan Gymnasium.

Clay Stanley and **Riley Salmon** each scored 13 points in the victory. Team USA's lone loss was to defending Olympic gold medalist Brazil in the first match of the tournament. Brazil won the tournament title with a 5-0 mark. After that setback, Team USA lost just one set the rest of the way.

The medal was Team USA's fifth in as many events in 2005. Stanley finished third in scoring in the tournament with 82 points (65 kills). Team USA finished the 2005 season with a record of 27-6 and won 18 of its last 19 matches. Team USA is currently ranked fifth in the world.

Ryan Millar had six blocks against China and was named the tournament's best blocker. He led the tournament in total blocks (20) and blocks per set (1.18). Setter **Donald Suxho** (left) ranked second among setters (7.47 assists per set).



U.S. WOMEN

The U.S. Women's National Team also won the silver medal at the FIVB World Grand Champions Cup. Team USA downed Japan at Nagoya Rain-bow Hall to finish the event 4-1.

Nancy Metcalf led Team USA with a match-high 21 points against Japan. Team USA defeated Korea, 2004 Olympic gold medalist China, Poland and Japan in the tournament. Brazil won the gold medal with a 5-0 record. China won the bronze medal.

Metcalf finished the tournament with 85 points (77 kills) and ranked second in scoring. **Tayyiba Ha-neef** added 12 points against Japan, while **Danielle Scott** and **Therese Crawford** each had 11 points.

Team USA finished the 2005 season with a record of 26-15. Team USA ended the season by winning medals in its last three events (2 gold, 1 silver).



▲ Sarah Drury

VOLLEYBALL GREATS TEST KUWAIT'S SAND

Two of beach volleyball's top female players stepped into Camp Victory's sandbox to play with troops and showcase their talent recently.

Elaine Youngs, who won a bronze medal at the 2004 Olympic Games in Athens, and **Rachel Wacholder**, named the 2005 AVP Most Improved Player and Best Defensive Player, traveled to Kuwait to play volleyball with troops.

to cover more of the court and had the crowd support. But these weren't your average bump-set-spike girls.

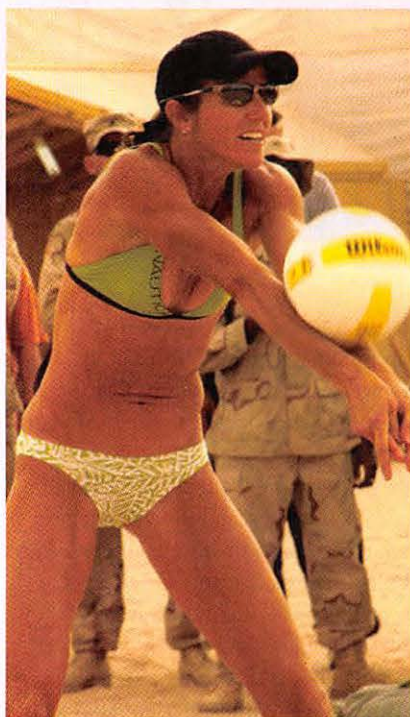
With the game tied 6-6, the two pros looked to be in rhythm as they nailed four straight shots down the throats of their opposition.

"They are tough and we realized they were taking it easy on us. It was all good fun," said Chief Warrant Officer 4 Patrick D. Southern, Company C, 1st

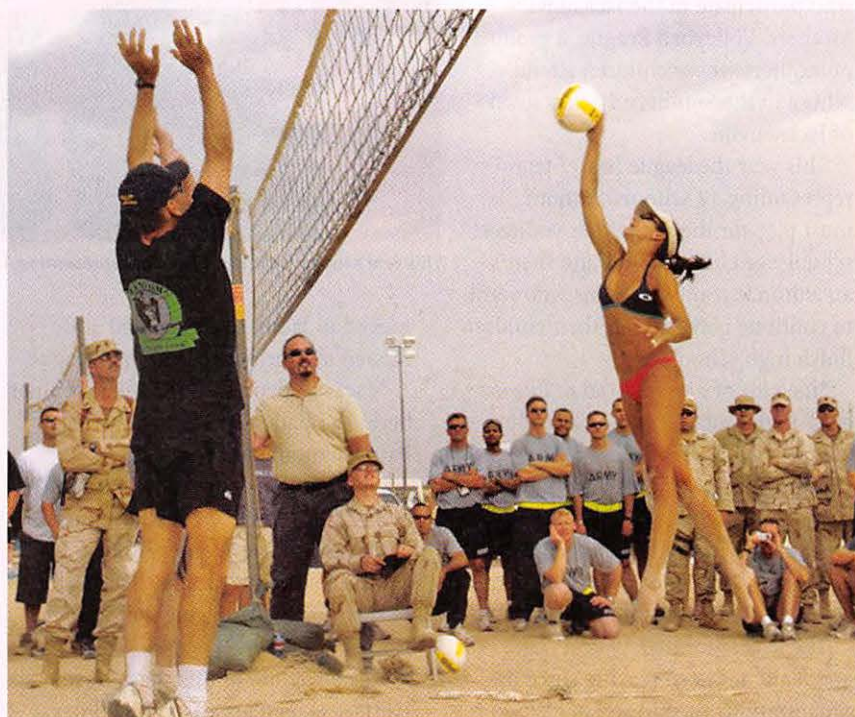
play," said Youngs. "I would love to do this again."

Another reason the two wanted to visit troops was to learn about how they live and hear their experiences. They both got to try on body armor, lift a duffle bag, hold .50-caliber rounds, learn about the humvee and view the inside living areas of soldiers.

"I feel like I got to experience a little of what war is about by seeing



Elaine Youngs



Rachel Wacholder

Public Warehousing Company Logistics brought Youngs and Wacholder and comedians to Victory and Camp Arifjan to perform and interact with the troops.

After warm-up games with Arifjan troops the previous night, the two took their A-games up to Victory, not knowing what to expect out of the competition.

The first game showcased the two females against a team of four soldiers.

On paper, the soldiers looked to have the sure advantage since they were able

Battalion, 159th Aviation Regiment, an Army Reserve unit out of Clearwater, Fla. "We've been in Iraq for a year and this gave us a chance to relax, see some nice girls and play some volleyball."

After the game, the two females split up and played on opposite teams with any troop willing to play.

Even after witnessing the hard spikes that could have dented the strongest of body armor, troops didn't shy away from the chance to play side-by-side with them.

"It was fun to get people out and

everything," Youngs said. "I'm going to leave here with a lot of positive stories and feelings toward the military."

The teammates also got the chance to talk to soldiers about their experiences while signing autographs and taking pictures with them.

"This is real," Wacholder said. "This is so much more than I expected ... and it makes me realize how removed we are from it. We are lucky that we have (these) guys out here fighting for us."

—Dr. Gordon Tate, Major, Infantry

YOU GO MOM

The Jacksonville (Ill.) Mothers' Volleyball League
has been running for close to three decades. *By Jennifer Lowery*

It's match time and 55-year-old Debbie Slaid is ready to play volleyball for Jacksonville High School.

The Jacksonville High School mothers' team, that is.

Slaid is one of roughly 170 moms who participate in the Jacksonville Mothers' Volleyball League, a group of mothers whose children attend school in the Southern Illinois town of Jacksonville.

This year the league has 17 teams representing 12 schools. A mom must play for the school her youngest school-age child attends, and there's an alumnae team for moms who want to continue playing after their children finish high school.

"It's a lot of fun. It's kind of like a girls' night out, but it can be really competitive," said Claudia Kluge, who returned this year to play for the high school's Crimson team. She played when her two daughters were in elementary school but shoulder surgery sidelined her the past four years.

The league formed 29 years ago, and Slaid has been playing since the organization's second season. When it started there were just four teams, and moms had limited volleyball knowledge without opportunities to play in high school.

"It's changed so much. When it first started, we didn't know much about the game. We'd just try to pass the ball over the net with two open hands," said Slaid, a mother of four whose youngest is a junior at JHS.

The league has grown through the years and has gotten more competitive as mothers come in with more experience.

Tammy Pattie, who played in college,



This year's league features 17 teams representing 12 schools.

moved to Jacksonville in 2000 and missed her former recreational league.

"I was so depressed that first summer because I had nowhere to play," said Pattie, a mom of five.

Another mom saw Pattie bumping a ball with some kids outside church and asked the newcomer if she knew about the mothers' league. Pattie's been playing for North Elementary ever since.

As co-captain of this year's host team, Pattie sets regular-season schedules and organizes the season-ending tournament.

Teams play everybody once during the regular season, using side-out scoring to 15 points in a best-of-seven format.

"We've tried to make it as lengthy as possible because we want everyone to have as much fun and get as much exercise as possible," Pattie said.

Teams then are seeded for a double-elimination tournament (best-of-three format) held during a four-day period in March at the high school.

The tournament doubles as

a fundraiser and can bring in approximately \$5,000 through tickets, concessions and souvenir sales. Proceeds are donated to the host team's school.

The winning team claims a traveling plaque for the year, but winning isn't what motivates the moms to play. They enjoy the exercise and social aspects.

"It's wonderful," said Karen Shirkey, who joined last year when daughter, Madison, started kindergarten at Murrayville-Woodson Elementary. "It can be pretty competitive, but it's really just a chance to have fun. It's a night away from the kids, and I like getting to know all the other moms."

Not all moms get that break from the kids. For some, the league is a family affair.

Kluge's youngest daughter, Kayla, who plays for the JHS girls' volleyball team, is a referee for the mothers' league. Slaid's second-oldest, Katie Walter, is now a mom herself, playing for Eisenhower Elementary.

Sounds like mothers' volleyball might be around for generations to come. ■



▲ **PLAYER OF THE MONTH**

Name: Sara Randosevic

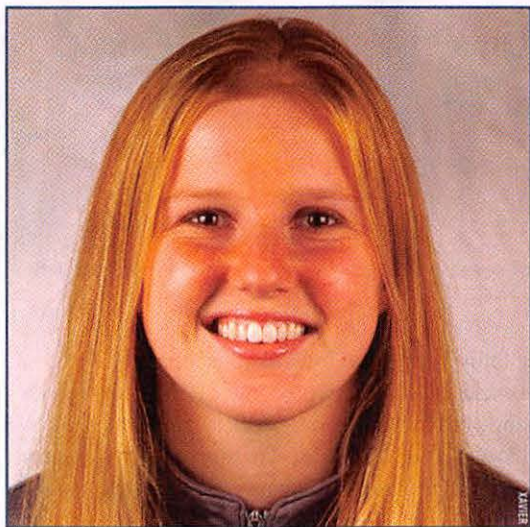
Height: 6'1"

Position: Outside hitter

School: Tulane

Hometown: Zagreb, Croatia

Highlights: Randosevic earned Conference USA Freshman of the Year honors and was named to the All C-USA second team after leading the Green Wave in kills at 5.24 per game. Randosevic also earned AVCA Midwest Region Freshman of the Year honors and was named to the AVCA All-Midwest Region Team. Randosevic is the third player in Tulane history to earn AVCA All-Region honors. Randosevic finished ninth in the country in kills per game.



◀ **SCHOLAR ATHLETE OF THE MONTH**

Name: Kate Duchek

School: Xavier

Height: 6'

Position: Outside hitter

Year in School: Senior

Hometown: St. Louis, Mo.

About Kate: Duchek was recently named the Academic All-America of the Year in the University Division as voted on by the College Sports Information Directors of America (CoSIDA). Duchek headlines the 2005 *ESPN The Magazine* Academic All-American Women's Volleyball Team. A middle childhood education major, Duchek currently carries a 4.0 GPA and received her second straight Atlantic 10 Student-Athlete of the Year honor in 2005. Duchek was also an A-10 first-team All-Conference selection for the second straight season. Duchek led Xavier in kills per game (4.06) and finished with 1,508 career kills.



VOLLEYHUT \$100 TRIVIA TROVE!

Question: How many teams in this year's NCAA finals in San Antonio did not participate in the 2004 finals in Long Beach?

- A. 1
- B. 2
- C. 3
- D. 4

E-mail your answer along with your name and mailing address to: volleyhuttrivia@madavor.com.

All correct responses will be placed into a drawing for a **\$100 VOLLEYHUT GIFT CERTIFICATE**. Winners will be notified via e-mail and will be published in an upcoming issue of *Volleyball*. VolleyHut.com will e-mail the gift certificate code to the winner.

December winner: Tracy White of West Boylston, Mass., knew that the NCAA Division I women's national championship celebrated its 25th anniversary this season.

About VolleyHut: VolleyHut offers a wide variety of name-brand volleyball products like footwear, apparel, balls, sunglasses, equipment, jewelry and specialty items. For more information, visit www.volleyhut.com.

PlyoCity **PLYOMETRICS DRILL OF THE MONTH**

Scissors-Skier Combo Exercise

By Mike Rangel

This advanced exercise, demonstrated by AVP stars **Karch Kiraly** (3-time Olympic gold medalist), **Misty May-Treanor** (2004 Olympic gold medalist) and **Mike Lambert** (2004 AVP MVP), is designed to add foot speed and increase body coordination.

Reps: Do 2 sets alternating 15 seconds of the Scissors exercise and 15 seconds of the Skier exercise for a total of one minute.

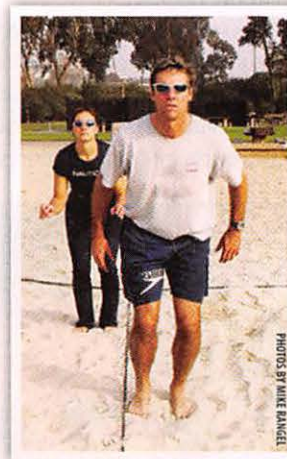
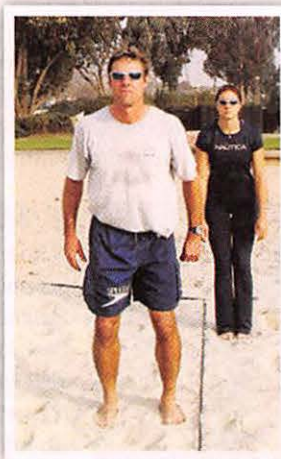
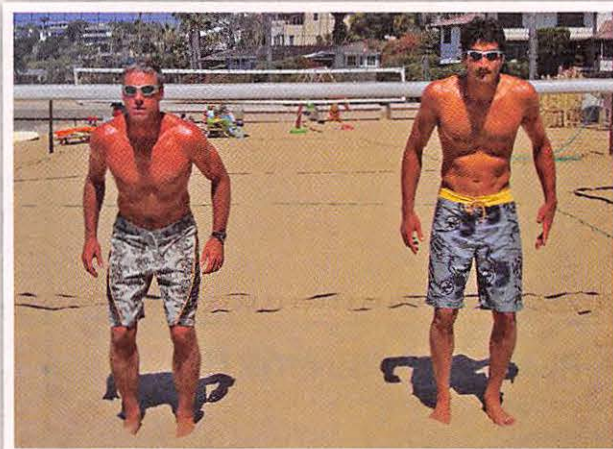
Scissors

1. Starting position. Feet shoulder-width apart with weight equally distributed on both feet.
2. As quickly as you can, moving your feet about a foot in front of you, bring your feet together (forming the top angle of a triangle).
3. As soon as your feet come together, immediately separate them again, going back to the starting position. Now you should be another foot in front of you.
4. Repeat movement backwards

Skier

1. Starting position. Place feet together with knees slightly bent.
2. Jump to the side 6-8 inches in a skiing motion (back and forth) as quickly as you can.
3. Jump back to the starting position and then repeat movements.

Plyo Bits: The Scissors movement is like you are writing an "X" on the ground. The key to this movement is to continue back and forth as quickly as you can, keeping the body centered over the middle of the "X." The feet are moving, not the body itself. With the Skier drill, pretend you are actually skiing. Jump from side to side as if your feet were touching hot coals. Barely touch the ground when landing. These two exercises combined offer a great conditioning drill. This exercise is the next level of plyometric training.



About Mike Rangel

Noted plyometrics guru Mike Rangel is the founder of PlyoCity, a national chain of plyometric workout facilities. Rangel is the exclusive plyometrics trainer of AVP stars **Karch Kiraly** (3-time Olympic gold medalist, all-time beach wins leader), **Mike Lambert** (2004 AVP MVP), 2004 Olympic gold medalists **Kerri Walsh** and **Misty May-Treanor**, as well as **Casey Jennings** and **Adam Jewell**. Rangel's new year-round PlyoCity Plyometric Training Video is now available at www.plyocity.com.

▼ CAUGHT ON FILM



Caught Stealing

Every volleyball inexplicably disappeared during a break in the action at the NJCAA Division I championship finals (West Plains, Mo.). These girls were trying to fit as many balls as possible into the shirt as part of a crowd participation game between matches. The photo was submitted by photographer Kevin White of Missouri State University.

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BY THE NUMB3RS

A numerical look at women's college volleyball postseason happenings

15,119

Nebraska's 3-0 victory over Florida in the regional final was witnessed by an NCAA-record crowd of 15,119 at the **Qwest Center Omaha**. The two regional sessions in Omaha drew a record 29,608 fans. The 2006 NCAA championships will be held in the same arena. In fact, the NCAA records were broken days before the matches were held. One Nebraska report had 13,252 advance tickets sold and 26,504 tickets sold for all sessions. The old single-match attendance record of 13,193 was set in the 1998 NCAA title match at the University of Wisconsin.

4

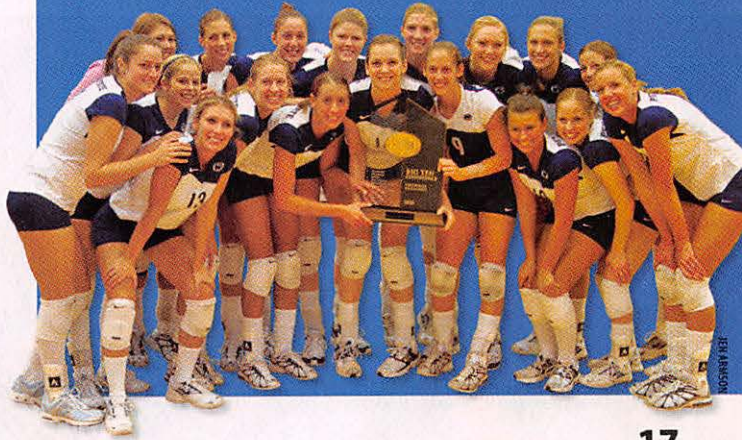
Cal Baptist women's coach **Ryan McGuyre** has quite the success streak going. McGuyre helped Cal Baptist win its second consecutive NAIA women's title this year. He also led the Cal Baptist men to the 2004 and 2005 Tachikara NAIA Invitational titles—giving him four straight national championships.

23,291

The NCAA Division II women's national championships held at the **University of Nebraska-Kearney** drew a record 23,291 fans for the seven matches in the tournament. The title match crowd of 5,025 set a new Division II record. The tournament broke the national attendance record four times.

3

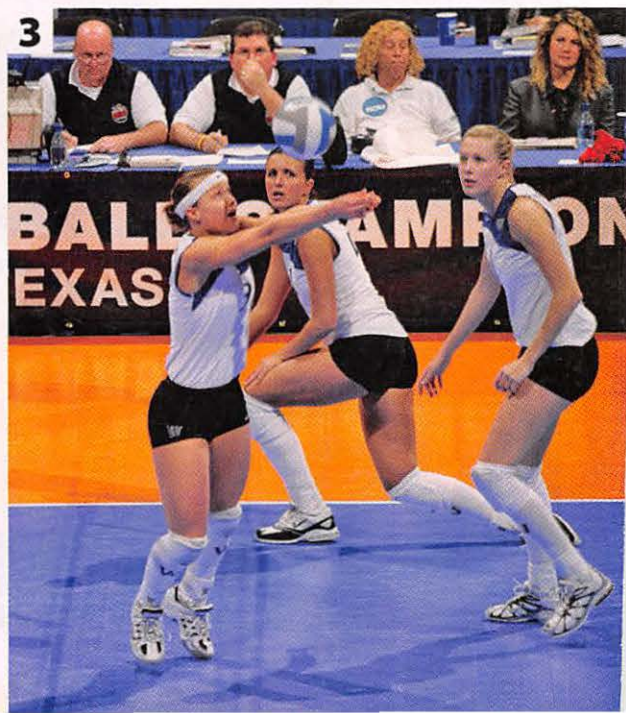
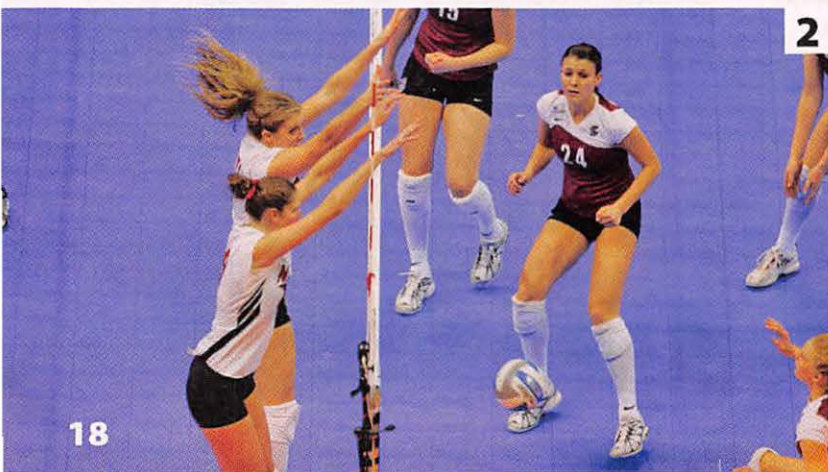
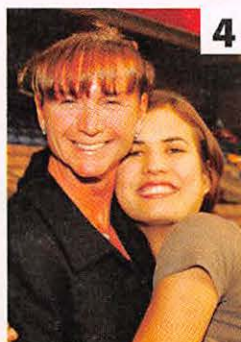
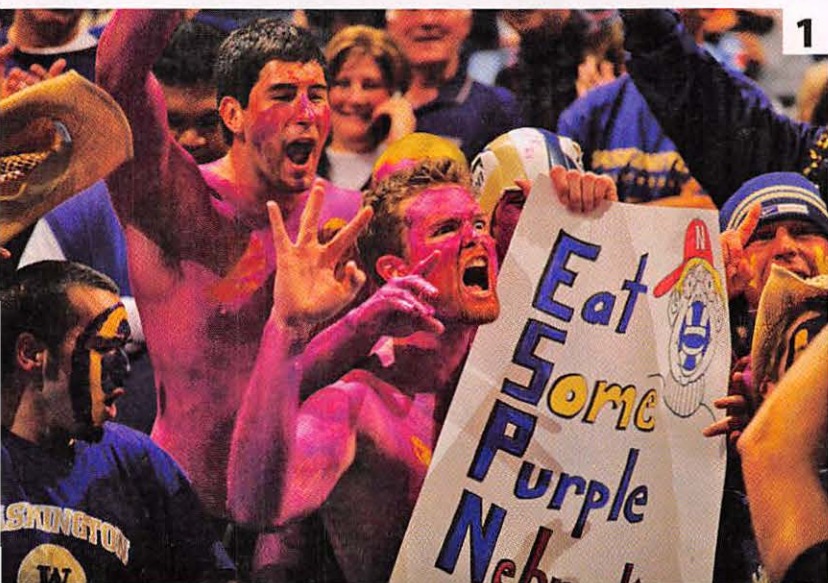
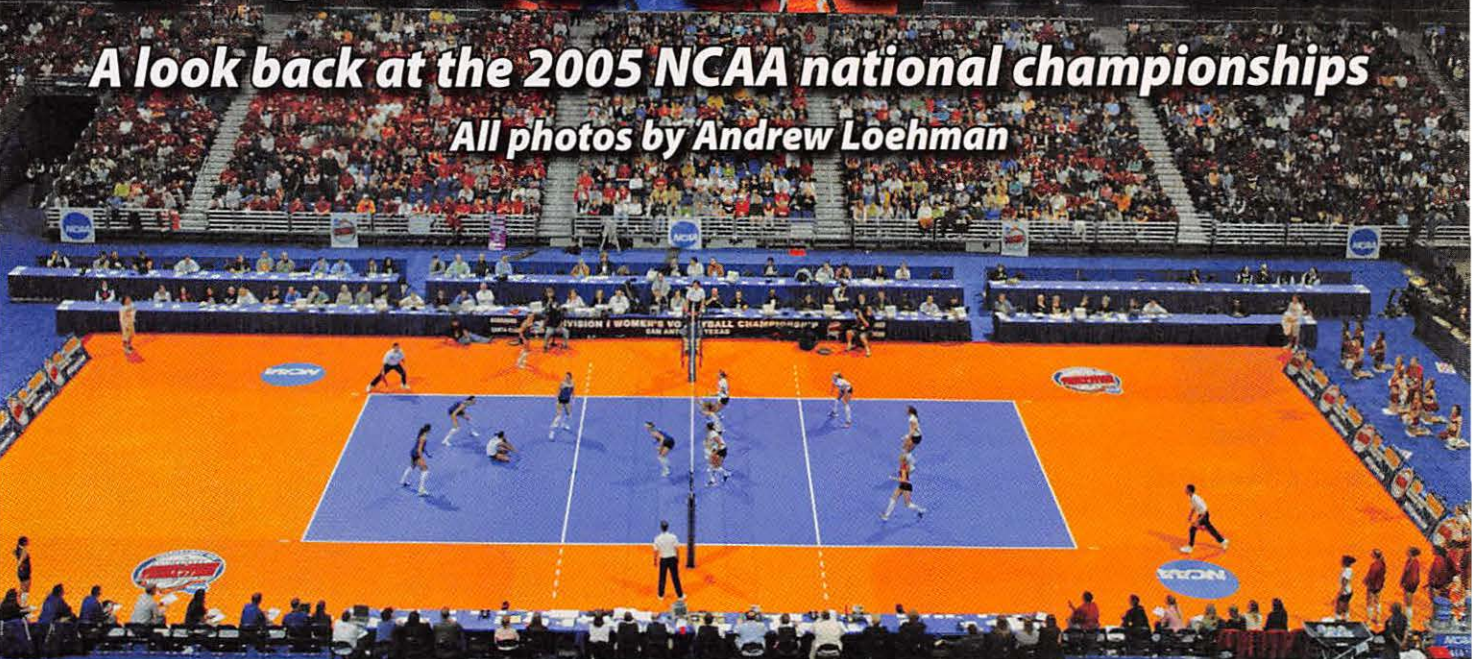
Penn State (below), which was eliminated in the NCAA regional semifinals, became the sixth team in Big Ten Conference history to run the table in league play since the double-round robin format was introduced in 1985. However, this Penn State team tied the record for losing the least amount of games (3) en route to a perfect league mark. The 1998 Penn State team lost three games as well. Other Big Ten unbeaten teams include: Illinois (1986, 6 games lost), Illinois (1988, 8 games lost), Ohio State (1991, 4 games lost) and Penn State (1999, 7 games lost).



DOMEDOINGS

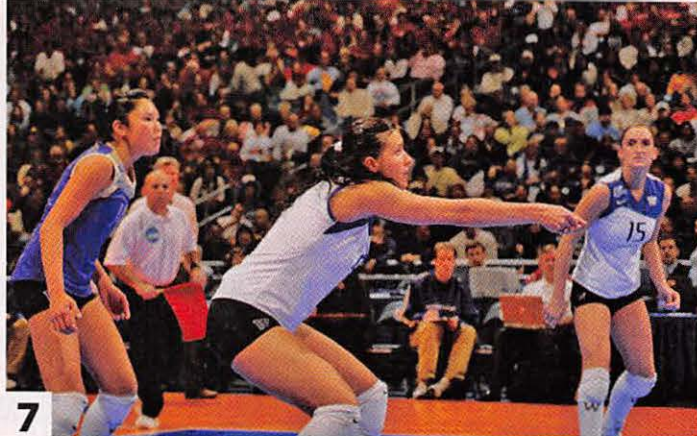
A look back at the 2005 NCAA national championships

All photos by Andrew Loehman





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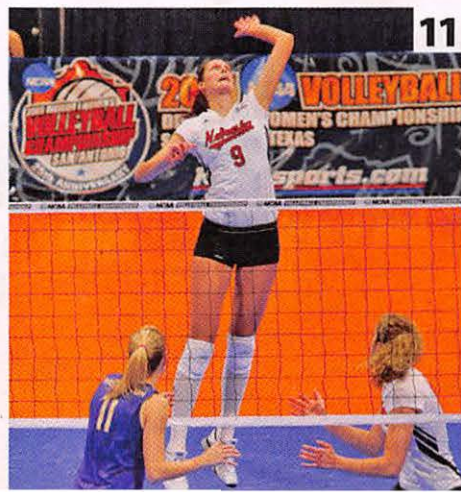
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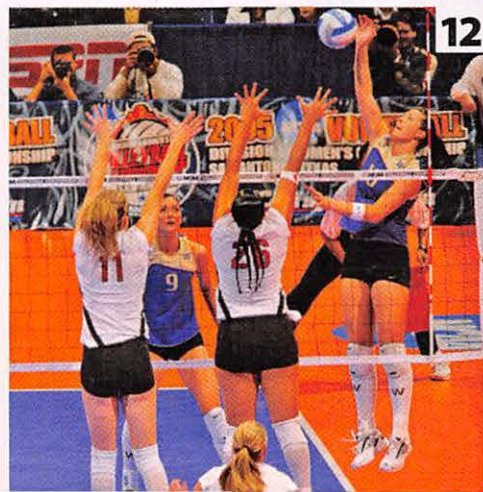
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10



11



12

1. Some enthusiastic Washington fans

2. Nebraska's Tracy Stalls (right) and Sarah Pavan on the block

3. Washington All-American setter Courtney Thompson

4. Two-time Olympian Logan Tom (right) with current Concordia women's coach and Volleyball Hall of Famer Paula Weishoff

5. Tennessee's Yuliya Stoyanova

6. Lil' Red, Nebraska's well-known mascot, made the trip to San Antonio.

7. Washington's Sanja Tomasevic

8. Santa Clara players took part in a post-match autograph session for fans.

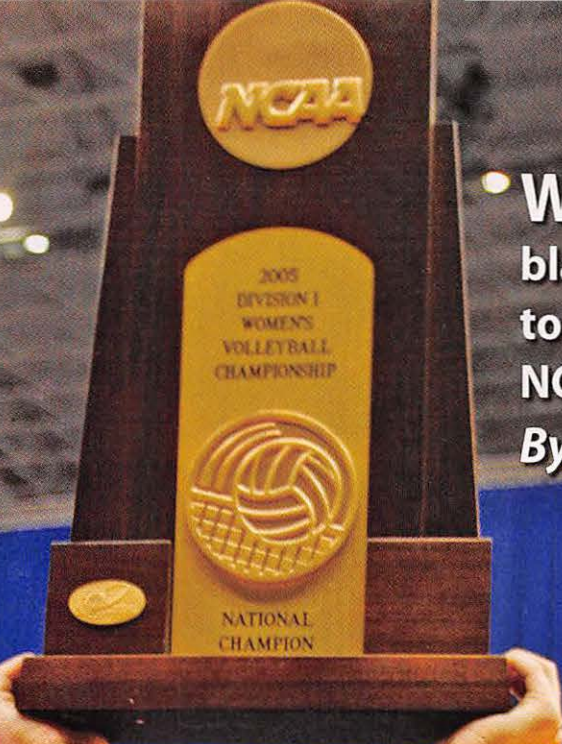
9. Washington's Alesha Deesing

10. Washington's Sanja Tomasevic (21), Darla Myhre (11) and Brie Hagerty (10) put up the big block

11. Nebraska sophomore right side Sarah Pavan

12. Washington's Brie Hagerty (hitting)

• **Washington**
blanks Nebraska
to win its first-ever
NCAA national title
By Mike Miazga



HUSKY

HYSTERIA

There was a wardrobe malfunction at this year's NCAA women's national championship in San Antonio, Tex.

On the day of the national semifinals, the *San Antonio Express-News* ran a photo of King Kong clad in Nebraska garb and clutching the NCAA title while looking down on the city.

Turns out, King Kong should have had purple and gold on in that photo.

No. 3 seed Washington branded itself the King Kong of the 2005 women's college season by scoring an emphatic 3-0 victory (30-26, 30-25, 30-26) over top-seeded Nebraska to win the NCAA national championship before a crowd of 8,482 at the Alamodome.

In handing Nebraska its first whitewashing in 129 matches (a span of three years), Washington captured its first national title after reaching the national semifinals for the first time last season.

Washington (32-1) became the first team in NCAA history since the field was expanded to 64 teams in 1998 to sweep its way through the postseason. The Huskies went 18-0 in games in the tournament.

Washington coach Jim McLaughlin also became the first coach in NCAA Division I volleyball history to win both a men's and women's national title. McLaughlin led the USC men to the 1990 NCAA title.

"All we heard the last three months was how dominating Nebraska was. How they were King Kong," said Washington senior opposite hitter Sanja Tomasevic. "We were not intimidated. We were focused and we did our thing. We were like robots."

"We had this calm about us," said Washington senior outside hitter Brie Hagerty. "And that was a pretty big key."

Nebraska (33-2) hit a season-low .185 in the match (including an .082 effort in the opener). Nebraska made 24 hitting errors and hit under .200 for only the second time this season. The Huskers also made nine service errors

and had their top-ranked blocking attack neutralized (Nebraska held only a 14-13 total blocks edge).

Washington, the nation's top hitting team, hit .237 (.350 in Game 2) and held a 61-51 digging edge with standout libero Candace Lee again turning in a sterling performance.

"We had our chances and we had our runs and we didn't take advantage of that," said Nebraska senior middle blocker Melissa Elmer.

The Huskies, the two-time defending Pac-10 Conference champions and the

kills and a team-high 13 digs. Courtney Thompson had 41 assists. All three made the all-tournament team.

"Nebraska is an unbelievable program," said McLaughlin. "We played our best match of the year against them. We had a good start and a good finish. We had not played a complete match this season. It was time to kick butt. These girls know when it's time to flip the switch."

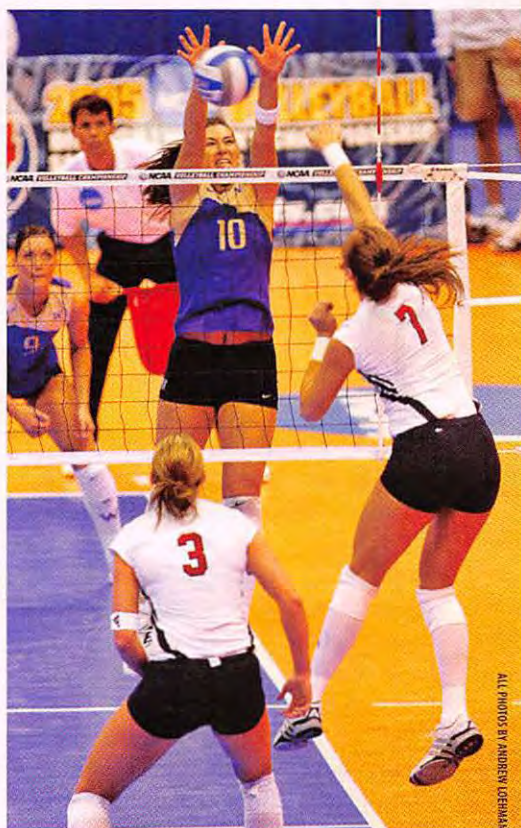
All-tournament picks Sarah Pavan (16 kills, .429 hitting), Christina Houghtelling (10 kills, 11 digs, 3



Nebraska's Jennifer Saleaumua

fifth straight team from the league to win the national title, led early (forcing Nebraska coach John Cook to burn a timeout after the second point of Game 1) and rallied from a 7-2 deficit in Game 3 to close the door on a dominating effort witnessed live by a national television audience on ESPN2.

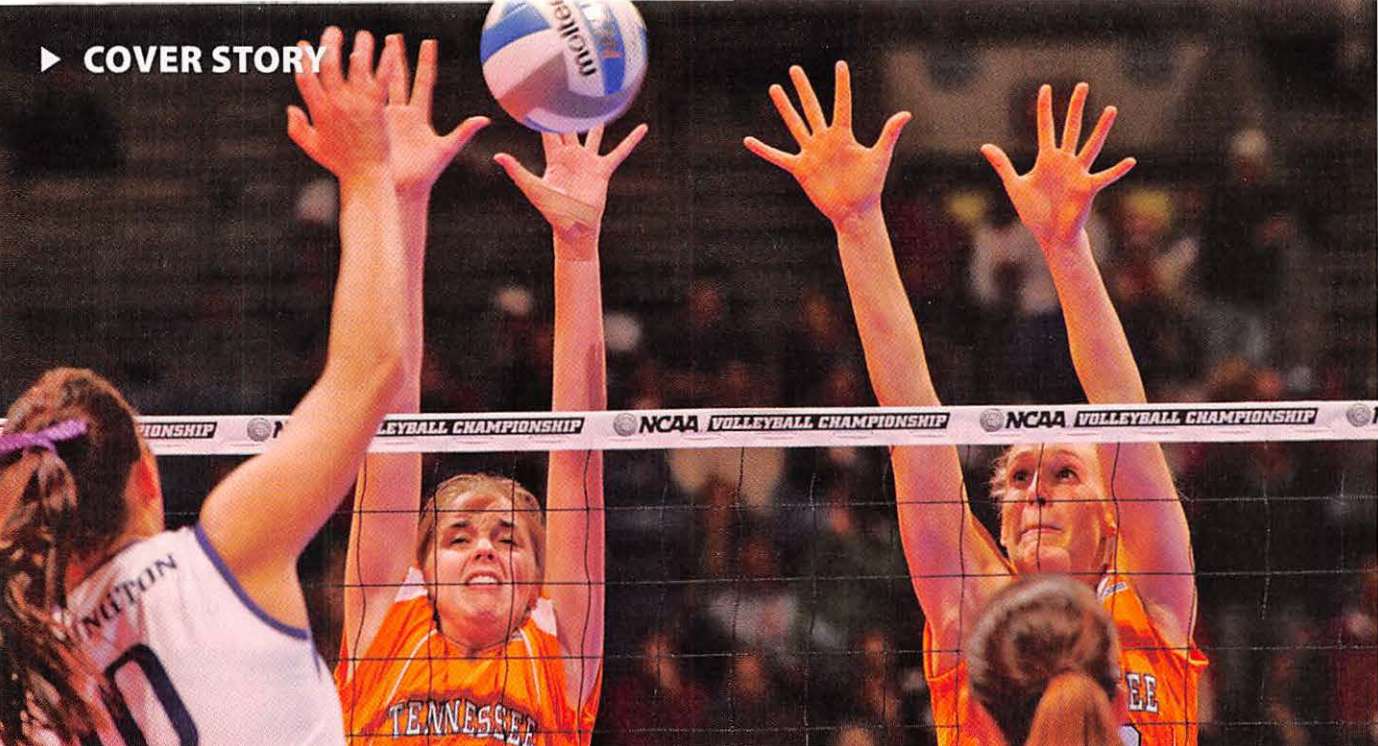
Christal Morrison, who blocked the final point, was named the tournament's most outstanding player. She finished with 15 kills, nine digs and four blocks. Tomasevic added 12



Washington's Brie Hagerty

blocks) and Jennifer Saleaumua (12 kills, 9 digs, .545 hitting) paced Nebraska, which was in the NCAA championship match for the fifth time.

"Our problem was we didn't transition and put pressure on them," said Cook. "We weren't stressing them enough with our serve. We let them off the hook too many times. We were not smooth. Against a team like Washington if you make errors and give them easy balls, they will make you pay and they did." ►



Tennessee's Mindy Flynn (left) and Kristen Andre on the block

NATIONAL SEMIFINAL

Washington d. Tennessee

30-25, 30-19, 30-21

The Huskies hit .338 as a team and committed just two service errors in an efficient effort that took just 91 minutes.

"We know teams can get hot so we never let our guard down, but we felt in control the whole time," said Thompson.

Tennessee (25-9), the lowest-seeded team (15th) to ever reach the national semifinals, trailed only 22-20 in the opener, but could never recover. The Lady Vols were 23-0 this season when they won game 1.

All-tournament pick Kristen Andre led the Lady Vols with 21 kills (9 in Game 1) on 41 swings (.390 efficiency). Despite a combined 20-point difference in the final two games, Tennessee committed only 16 hitting errors in the match, just one more than its opponent.

"Washington consistently put pressure on us the entire match and we didn't get the runs we usually do," said Tennessee senior libero Amy Morris.

Morrison (18 kills), Hagerty (16 kills) and Tomasevic (12 kills) led a balanced Washington attack. Lee had 16 digs.

"We passed at such a high level," said McLaughlin. "To me that's the key at any level. Great teams can control the ball and handle the ball well."

NATIONAL SEMIFINAL

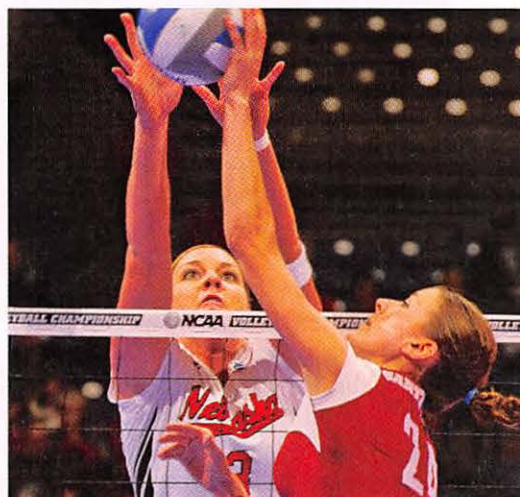
Nebraska d. Santa Clara

30-24, 30-19, 30-21

The Huskers turned in strong blocking, hitting and serving performances and dismantled Santa Clara in 92 minutes in the second national semifinal.

The Huskers held a 12.5-2.0 blocks advantage and hit a blistering .449 with just seven errors on 98 swings.

But it was Nebraska's serving that made things even worse for Santa Clara, which hit just .145 for the match. Santa Clara was the first-ever unseeded team to reach the national semifinals.



Nebraska's Christina Houghtelling (white jersey) battles Santa Clara's Crystal Matich

"Nebraska made us feel very uncomfortable in serve-receive," said Santa Clara coach Jon Wallace. "With them serving as well as they did combined with their big block comes big trouble. Their serving game made their block even bigger."

Elmer led the Huskers with 13 kills on just 17 swings (2 errors) and had 3.5 blocks. Houghtelling added 10 kills (21 attempts, 1 error) and had nine digs, while Pavan chipped in 11 kills (22 attempts, 0 errors)—meaning the Huskers' three top scorers recorded 34 kills with just three errors and hit .517. Saleaumua had seven kills and added three aces.

"A huge thing for us is our block," said Elmer. "We can wear teams down with our block. We followed through with our game plan."

Anna Cmaylo led Santa Clara (27-5) with 10 kills. Brittany Lowe, Kim McGiven and Cassie Perret each had nine kills for the Broncos, who started four sophomores, one senior, one junior and one freshman.

"We're not looking back," said Santa Clara sophomore setter Crystal Matich. "We're looking forward. We're looking to be here again." ■

CRYSTAL CLEAR

Christal Morrison helped Washington win the national title in ways that didn't show up in the box score.

By Mike Miazga



ALL PHOTOS BY ANDREW LOEBMAN

Christal Morrison got picked on in the NCAA national championship match.

And she fought back.

Morrison, a 6'2" sophomore outside hitter, was the main focus of Nebraska's attack and withstood the barrage with flying colors.

Morrison was named the tournament's most outstanding player. While hitting an anemic .182 on a title match-high 44 swings, Morrison aided Washington's defensive attack with nine digs and also had four total blocks. In the semi-final win against Tennessee, Morrison had 18 kills on 40 swings, hit .375 and had eight digs.

"Chris was big-time," said Washington coach Jim McLaughlin. "Nebraska was picking on her and picking on her. She withstood the pressure and stayed tough."

Morrison, a Puyallup, Wash. native and a former Volleyball Fab 50 pick, was thrilled to win the tournament award, but said in the grand scheme of things, the end result for Washington is what matters the most.

"I got the MVP, but being able to win the national title, that's what it is all about," said Morrison. "It's nothing compared to winning that match."

And Morrison wasn't the least bit unnerved with being the one with the bull's-eye on her chest.

"I knew I had to pass well," said Morrison. "Defensively I felt good. I knew I had to buckle down. I could

see where things were going and I could see what they were going to do with the block. They had some big hitters, but we were on them. Nebraska is so big and has so much talent. But we knew if we stuck to the game plan we would come out a winner. We had confidence in ourselves."

As a freshman, Morrison, a 2004 ASICS®/Volleyball All-American second-team pick and a 2005 ASICS®/Volleyball All-American honorable mention choice, got a taste of the bright spotlight with the 2004 Washington team that played in the national semifinals in Long Beach, Calif.

"I think it was good that we were there last year," said Morrison. "We had the experience and we knew what

2005 NCAA ALL-TOURNAMENT TEAM

Sanja Tomasevic (Washington)
Courtney Thompson (Washington)
Sarah Pavan (Nebraska)
Kristen Andre (Tennessee)
Jennifer Saleaumua (Nebraska)
Christina Houghtelling (Nebraska)
Christal Morrison (Washington)*

*tournament most outstanding player

it was like. We went away from Long Beach with a sour taste in our mouth. People said we were the underdogs (against Nebraska). That's the way it was set up. We were the underdog, but we weren't intimidated. We were on a mission not to just play one game here but to win it all. It feels weird saying we won it all." ■

Why is Nebraska volleyball so popular?

Volleyball caught up with Nebraska fans at the NCAA finals in San Antonio.

By Mike Miazga

BRAD BEAM ■

Austin, Tex.

CAPITAL OF TEXAS NEBRASKANS

The state of Nebraska embraces the sport from the university to high school through club teams and junior high and grade school. Because of that player development, there is a great interest in volleyball and it swells up to the university level.



DUSTY REYNOLDS ■

Hooper, Neb.

The team is so dominant. There is a tradition and it keeps getting stronger and stronger every year. It's not like it just started.



CONNIE BASS ■

Houston, Tex. (Planview, Neb. transplant)

It's because they have such phenomenal young players and a young team. They will be around for awhile.



NEELY SUTTER ■

Beatrice, Neb.

Nebraska volleyball is so popular because most of the people that play on the team are from Nebraska. A lot of people from the hometowns come to support the team.



HALEY JANSSEN ■

Lincoln, Neb.

Volleyball is a big sport in Nebraska so you cheer the team on. It's a big thing. I've liked volleyball my whole life.

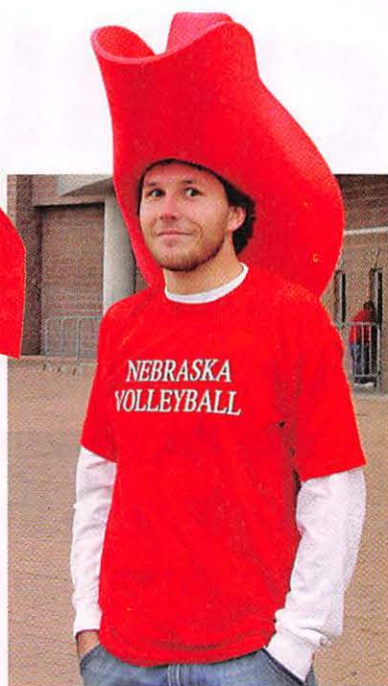
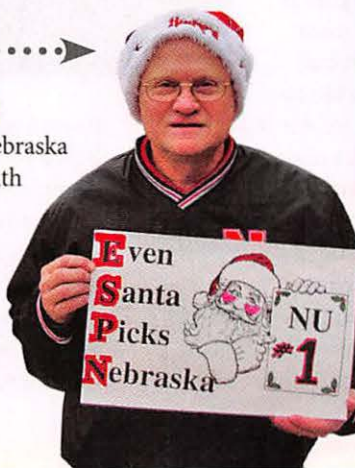


ROD JOHNSON ■

Topeka, Kan.

(grew up in Omaha, Neb.)

There are no pro teams in Nebraska and one major university. With the success the volleyball team has had, it's easy to get on the bandwagon. They have had strong volleyball for 25 years. People like champions.



TURNSTILE TALK



This year's national championship match at the Alamodome drew 8,482 fans—with many of the fans clad in Nebraska colors. That total ranks as the eighth-best finals attendance mark. The three matches drew a total of 16,413 fans (7,931 for the semifinals).

Looking Ahead: The 2006 NCAA national championship will be held at Qwest Center Omaha in Omaha, Neb. That event figures to challenge championship attendance records.

The Qwest Center played host to the 2005 Omaha regional, which established new NCAA women's volleyball attendance marks for single-match attendance (15,119) and all-session attendance (29,608). The arena also played host to the 2005 AVCA/NACWAA Volleyball Showcase and drew crowds of 10,576 and 10,028.



2005

WOMEN'S COLLEGE AWARDS

asics / Volleyball



▲ JANE COLLYMORE

6', Senior, Outside Hitter, Florida

Collymore, who was named the ASICS®/Volleyball Most Improved Player in 2004, averaged 4.57 kills per game and 3.00 digs per game en route to being named the Southeastern Conference Player of the Year for the second season in a row. Collymore helped Florida to a 33-3 mark and an appearance in the NCAA regional finals. Collymore finished her career at Florida with 1,629 kills.



▲ MELISSA ELMER

6'2", Senior, Middle Blocker, Nebraska

One of the most dominant middles in the nation, Elmer is a repeat ASICS®/Volleyball All-American first-team selection. Elmer led the nation in blocks per game (2.17), while also averaging 2.68 kills per game and hitting at a .383 clip. Elmer is Nebraska's and the Big 12 Conference's all-time leader in blocks.



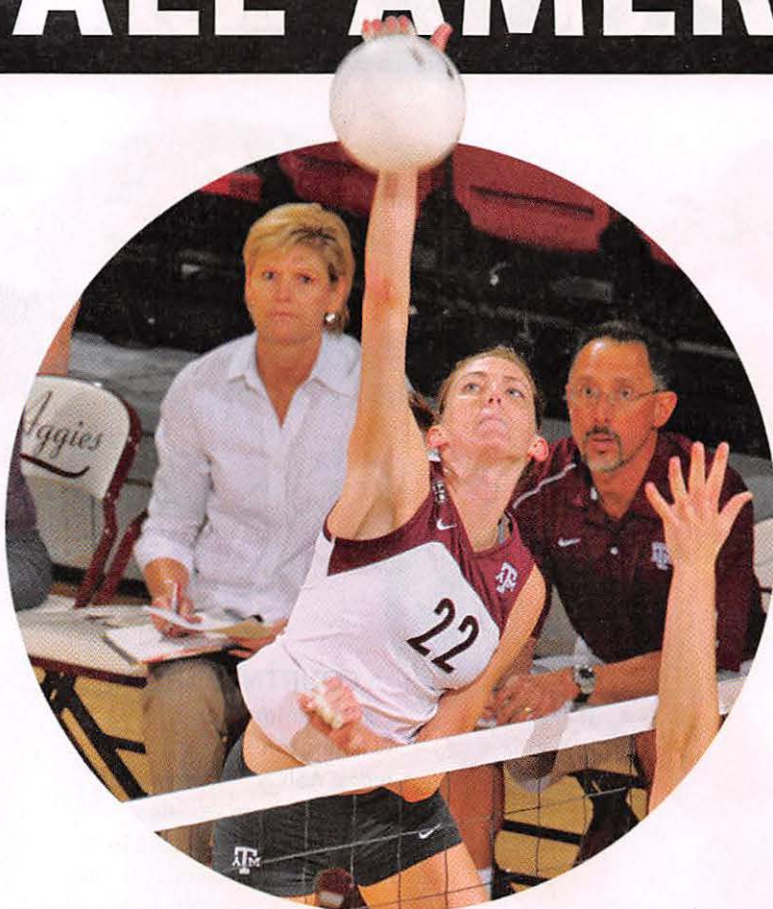
▲ KIM GLASS

6'4", Senior, Outside Hitter, Arizona

Glass led the Pac-10 Conference in both kills per game (5.39) and points per game (6.30) in helping Arizona to a 25-6 mark and a berth in the NCAA regional finals. Glass also averaged 3.01 digs per game. She leaves Arizona as the program's all-time leader in kills with 2,151. That kill total ranks third all-time in Pac-10 history. Glass was a four-time All-Pac-10 selection.

ELMER: SCOTT BRUNN/NEBRASKA; GLASS: JULIAN BAIRD

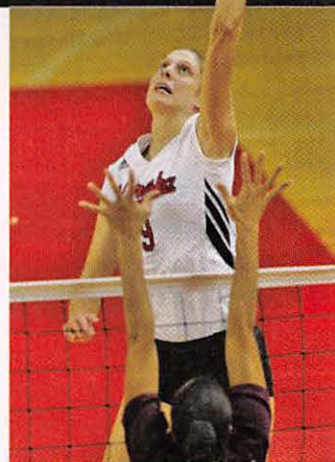
ALL-AMERICANS



► **SARAH PAVAN**
6'5", Sophomore,
Opposite Hitter,
Nebraska

Pavan was part of a Nebraska team that reached the NCAA national championship match and finished with a 33-2 mark. Pavan, a repeat ASICS®/Volleyball

All-American first-team selection, averaged 3.82 kills and 1.66 blocks per game, while hitting at a .357 clip. Pavan was named the Big 12 Conference Player of the Year.



LAURA JONES

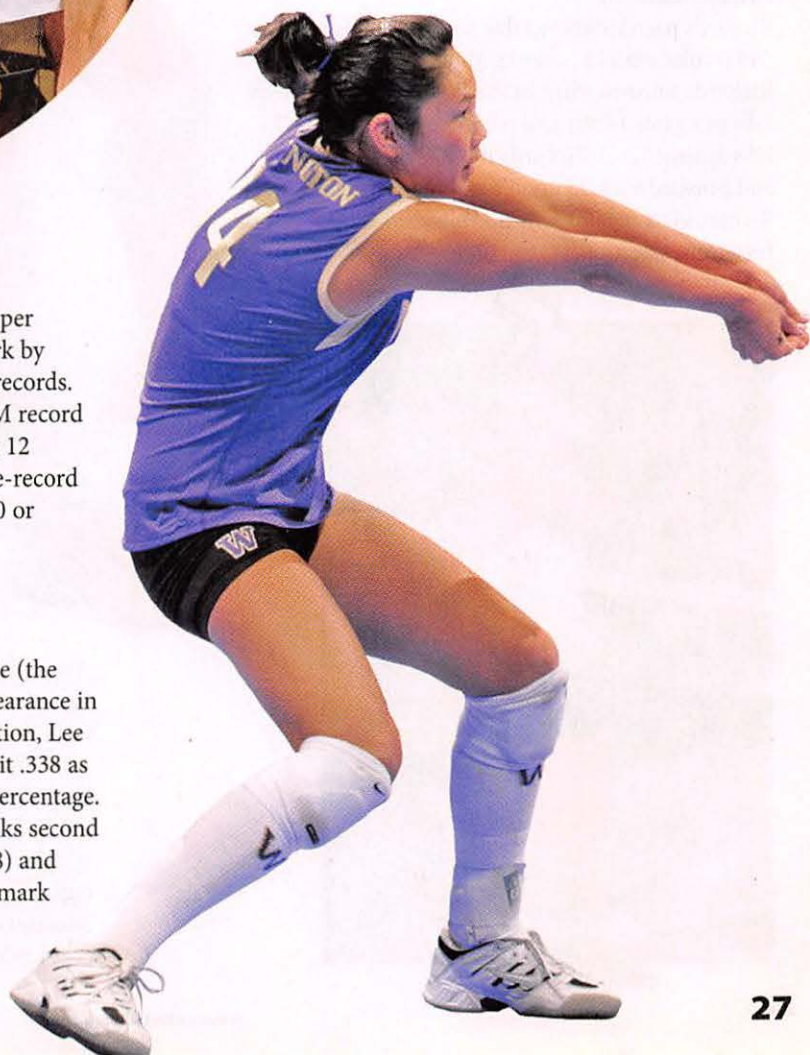
▲ 6'2", Senior, Outside Hitter, Texas A & M

Jones led the nation in kills in 2005, averaging 6.09 per game. Jones broke Texas A & M's single-season mark by 133 kills and leaves College Station with 33 school records. Jones finished her career with 2,064 kills (old A & M record was 1,777). Her 700 kills this year broke the old Big 12 Conference record (622). She averaged a conference-record 6.73 points per game and had eight matches with 30 or more kills this season.

CANDACE LEE

► 5'7", Senior, Libero, Washington

Lee helped Washington win the NCAA national title (the team was making its second national semifinal appearance in a row)... An All-Pac-10 Conference first-team selection, Lee averaged 4.91 digs per game, helping Washington hit .338 as a team, while limiting opponents to a .138 hitting percentage. Lee, Washington's all-time career leader in digs, ranks second all-time in Pac-10 Conference history in digs (2,038) and is the league's all-time leader in digs per game — a mark she solidified in the NCAA national championship matches against Tennessee and Nebraska.



2005 WOMEN'S COLLEGE AWARDS

asics / Volleyball

► CASSIE PERRET

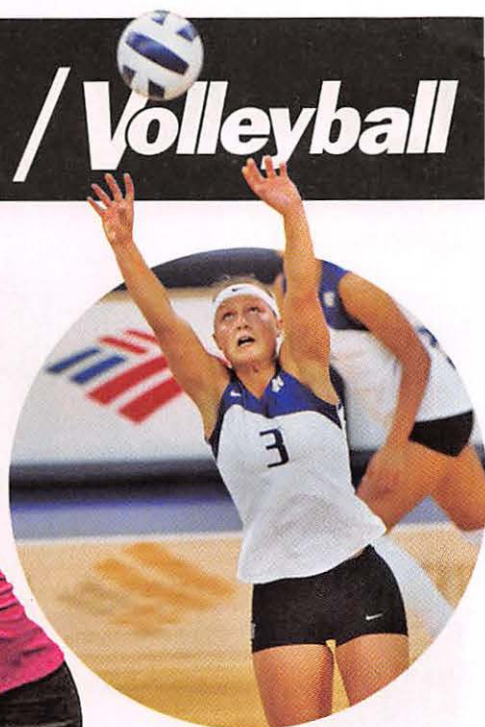
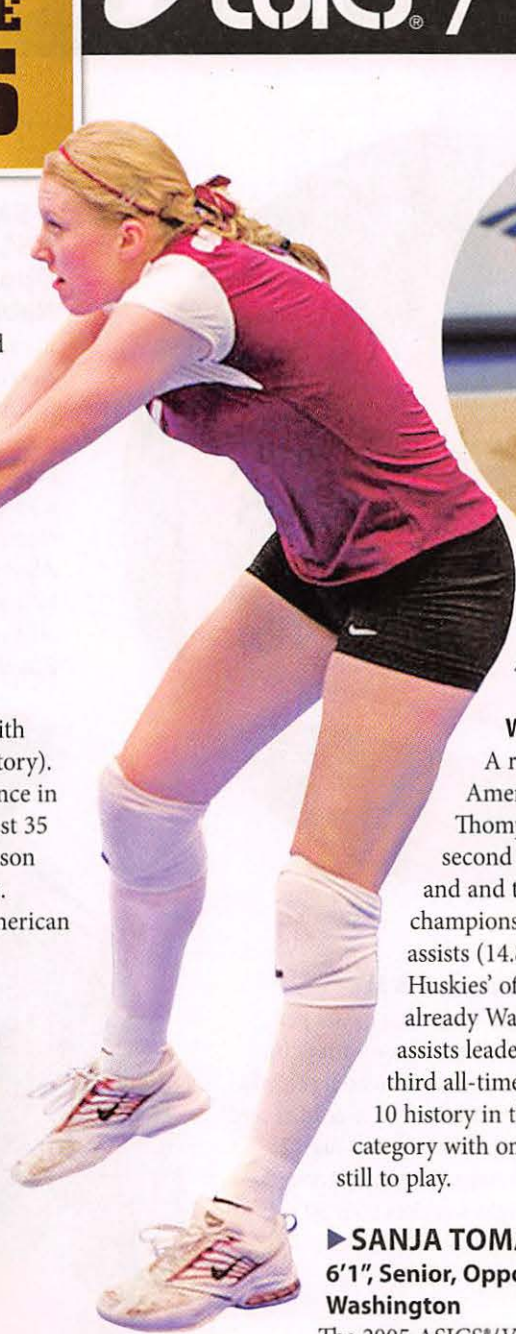
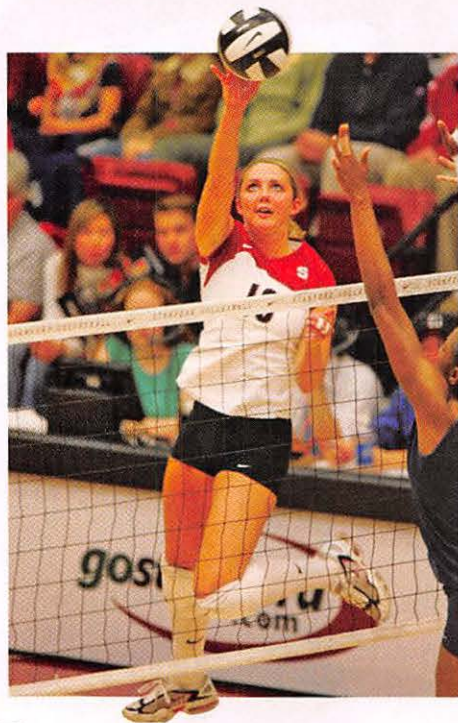
6'1", Senior, Opposite Hitter, Santa Clara

Perret averaged 3.22 kills and 2.17 digs for a Santa Clara team that went 27-5 and advanced to its first-ever NCAA national semifinal. Perret also hit at a .368 clip and was named the West Coast Conference Player of the Year. Perret finished her career at Santa Clara with 1,331 kills.

▼ KRISTIN RICHARDS

6', Junior, Outside Hitter, Stanford

Richards paced Stanford this season in kills with 544 (ranks sixth in program single-season history). Richards finished third in the Pac-10 Conference in kills per game (4.90) and recorded a career-best 35 kills against USC. Richards hit .272 on the season and finished with 28 double-digit kill matches. Richards is a repeat, ASICS®/Volleyball All-American first-team selection.



▲ COURTNEY THOMPSON 5'8", Junior, Setter, Washington

A repeat ASICS®/Volleyball All-American first-team selection, Thompson helped Washington to its second straight Pac-10 Conference title and the program's first NCAA national championship. Thompson led the nation in assists (14.89 per game) and directed a Huskies' offense that hit .338. Thompson is already Washington's career assists leader and ranks third all-time in Pac-10 history in the same category with one year still to play.

► SANJA TOMASEVIC 6'1", Senior, Opposite Hitter, Washington

The 2005 ASICS®/Volleyball Women's College Player of the Year, Tomasevic was a major force for a Huskies team that went 32-1 and won the NCAA national championship in San Antonio. Tomasevic, the Pac-10 Conference Player of the Year, averaged 4.50 kills, while hitting at a .351 percentage. She also averaged 2.73 digs per game and 1.11 blocks per game. Tomasevic is Washington's all-time kills and aces leader.

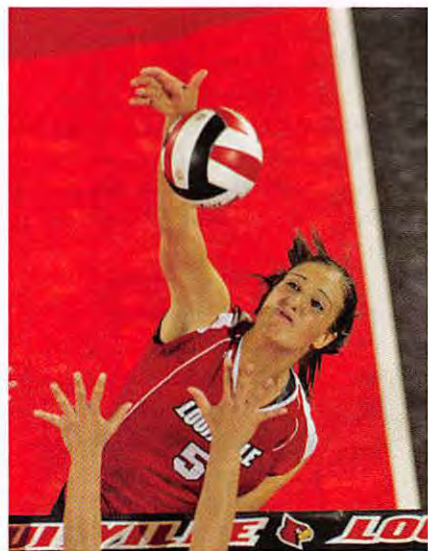


ALL-AMERICANS

► SAM TORTORELLO

5'11", Senior, Setter,
Penn State

Tortorello is a repeat ASICS®/Volleyball All-American first-team selection. Tortorello helped Penn State to a 31-3 mark, which included a perfect 20-0 Big Ten Conference championship. Tortorello averaged 13.37 assists, 2.48 digs and 1.03 kills per game. She finished her career in Happy Valley with 6,085 assists (second in PSU history). Tortorello was the Big Ten Conference Player of the Year and finished as the league's all-time career assists leader.



TORTORELLO: STEPHEN J. CARRELL; USTYMENKO: LOUISVILLE; HUNTER: MISSOURI; SEILHAMER: USC

▲ LENA USTYMENKO

6'3", Senior, Outside Hitter, Louisville

The 19-year-old Ustymenko averaged 5.30 kills (647 total kills) and hit at a .335 clip for a Louisville team that advanced to the NCAA regional semifinals and finished with a 31-3 record. Ustymenko was named the Big East Conference Player of the Year and finished her career as Louisville's all-time kills leader.

2005 ASICS®/Volleyball Player of the Year: Sanja Tomasevic (Washington)
2005 ASICS®/Volleyball Freshman of the Year: Nicole Fawcett (Penn State)
2005 ASICS®/Volleyball Coach of the Year: Jon Wallace (Santa Clara)
2005 ASICS®/Volleyball Defensive Player of the Year: Candace Lee (Washington)
2005 ASICS®/Volleyball Most Improved Player: Christina Houghtelling (Nebraska)

FIRST-TEAM

Name	School	Year	Ht.	Pos.
Jane Collymore	Florida	Sr.	6'	OH
Melissa Elmer	Nebraska	Sr.	6'2"	MB
Kim Glass	Arizona	Sr.	6'3"	OH
Laura Jones	Texas A & M	Sr.	6'2"	OH
Candace Lee	Washington	Sr.	5'7"	Lib.
Sarah Pavan	Nebraska	Soph.	6'5"	Opp.
Cassie Perret	Santa Clara	Sr.	6'1"	Opp.
Kristin Richards	Stanford	Jr.	6'	OH
Courtney Thompson	Washington	Jr.	5'8"	S
Sanja Tomasevic	Washington	Sr.	6'1"	Opp.
Sam Tortorello	Penn State	Sr.	5'11"	S
Lena Ustymenko	Louisville	Sr.	6'3"	OH



Lindsey Hunter

SECOND-TEAM

Name	School	Year	Ht.	Pos.
Foluke Akinradewo	Stanford	Fresh.	6'3"	MB
Kristen Andre	Tennessee	Sr.	6'1"	MB
Leticia Armstrong	Texas	Soph.	6'1"	MB
Lauren Brewster	Notre Dame	Sr.	6'3"	MB
Bibiana Candelas	USC	Sr.	6'5"	MB
Nicole Fawcett	Penn State	Fresh.	6'4"	OH
Christina Houghtelling	Nebraska	Jr.	6'2"	OH
Lindsey Hunter	Missouri	Sr.	5'10"	S
Kanoe Kamana'o	Hawaii	Jr.	5'8"	S
Marisa Main	Ohio State	Jr.	5'9"	S
Nana Meriwether	UCLA	Jr.	6'1"	MB
Debora Seilhamer	USC	Jr.	5'5"	Lib.



Debora Seilhamer

HONORABLE MENTION

Jennifer Abernathy (Sr., OH, Arizona), Paula Gentil (Sr., Lib., Minnesota), Jennifer Hoffman (Sr., MB, Louisville), Brandy Magee (Jr., MB, Texas), Crystal Matich (Soph., S, Santa Clara), Angie McGinnis (Soph., S, Florida), Danielle Meyer (Soph., MB, Ohio State), Christal Morrison (Soph., OH, Washington), Victoria Prince (Sr., MB, Hawaii), Jennifer Saleaumua (Sr., OH, Nebraska), Sheila Shaw (Sr., MB, Wisconsin), Melissa Walbridge (Soph., MB, Penn State)

2005 WOMEN'S COLLEGE AWARDS

asics / Volleyball

Washington's Sanja Tomasevic made the most out of her final

season. By Mike Miazga



Washington senior opposite hitter Sanja Tomasevic can remember the moment vividly.

"I was in the training room getting ice for my shoulder when coach (Jim McLaughlin) called me," said Tomasevic. "He screamed, 'Sanja T!'"

The call McLaughlin made was to inform Tomasevic that the NCAA had granted her a final year of eligibility. Tomasevic, a native of Serbia & Montenegro, thought her career at Washington had ended as a junior in Long Beach, Calif. last year in the NCAA semifinals.

Under NCAA eligibility rules, Tomasevic, 25, was penalized a year of eligibility because of her late enrollment in college. The NCAA granted her a waiver based on a variety of circumstances beyond Tomasevic's control that delayed her ability to enroll in college, primarily the 1999 war between NATO and her home country of Yugoslavia.

"We expected them to call and that day it was getting late and we didn't hear from them," said Tomasevic. "I thought no way. I thought the chances were slim. When he called I was so excited and happy. I was screaming."

And to say the least, Tomasevic hasn't squandered the opportunity given to her. The 6'1" Tomasevic once again was an integral part of

a Washington team that advanced to the NCAA national semifinals for the second straight season and powered its way straight to the program's first NCAA championship with a 3-0 victory over Nebraska.

Tomasevic, Washington's all-time leader in kills and aces, averaged 4.50 kills, 2.73 digs and 1.11 blocks, while hitting at a .351 clip en route to being named the Pac-10 Conference Player of the Year.

Her efforts have also led to her being named the 2005 ASICS®/Volleyball Women's College Player of the Year.

"Sanja has a very complete skill level, yet she still works and finds a way to get better," said McLaughlin. "She is never totally satisfied. She has that special quality the great ones have. She never gets complacent. She does everything. She hits, passes, blocks, serves, plays defense. She makes everybody on the team better. She can turn it up at the right time."

Tomasevic's dominance has occurred this year in conjunction with a switch from the left side to the right side.

"I didn't like it at first," said Tomasevic, a communications major who sports a 3.34 GPA. "Jim convinced me it would make

PLAYER OF THE YEAR



Tomasevic leaves Washington as the school's all-time leader in kills and aces.



ALL PHOTOS COURTESY UNIVERSITY OF WASHINGTON

Over the past two years, Tomasevic has been part of Washington teams that have gone 60-4 with two Pac-10 titles, two NCAA national semifinal berths and the 2005 NCAA title to their credit.

the team better. I had to get used to it before I could get better at it. At first I couldn't block or hit, but eventually I got better and learned to love it. I like it maybe even better now. You block a lot more balls on the right and I like blocking a lot."

Tomasevic's presence on the floor is something All-American setter Courtney Thompson is very thankful for.

"It's hard to say in words what she does for this team. She's a great leader," said Thompson, who led the nation in setting assists this year. "Whether she is on the court or off the court, she makes everybody better. Without a doubt, she brings a quiet confidence to everybody. You always know what to expect from Sanja. She makes any set look like a great set. She's a real weapon that opens everything up."

Thompson also throws a lot of credit Tomasevic's way in regards to the program's rise to dominance over the last few years.



SANJA SOUND BITES

On her volleyball plans after college: "Hopefully, I'll get a chance to play professionally. If someone is going to pay me, let's see how that goes. I'd rather do that than sit in an office."

On her communications major at U-Dub: "My original idea was business-marketing. The practical stuff was fun. But the classes were boring and blah. My academic advisor talked to me about advertising. When I'm done with volleyball I'd like to work for a pro team in advertising or marketing. I want to make sure I enjoy work and don't go to my job every day grouchy."

"She came in here and turned this around," said Thompson. "For her to get that payback is great. She's been such a big part of this."

But Tomasevic prefers to look at the bigger picture.

"It's been a great journey here," said Tomasevic. "I never felt we were bad. Freshman year we were fifth in the Pac-10 and made it to the second round. But

seeing us improve over the course of the years has been so much fun. Having the whole team work in system and working to get better has been great. It's not just one person. I'm as big a part of this as any other player."

In Washington's media guide, McLaughlin stated, "This should be her greatest year as a Husky."

He wasn't kidding. ■

2005 WOMEN'S COLLEGE AWARDS

asics® / Volleyball

The player comes first for Santa Clara coach Jon Wallace. By Mike Miazga

It doesn't take too long to see why Santa Clara coach Jon Wallace has been successful.

"One of the main reasons I came here was because of the coaching staff," said Santa Clara sophomore setter Crystal Matich. "Jon Wallace means so much to this team. He doesn't worry about anything but the players. He'll make sure the team is happy and satisfied and that everything is perfect. He'll do anything for the team. To him, everything is about us."

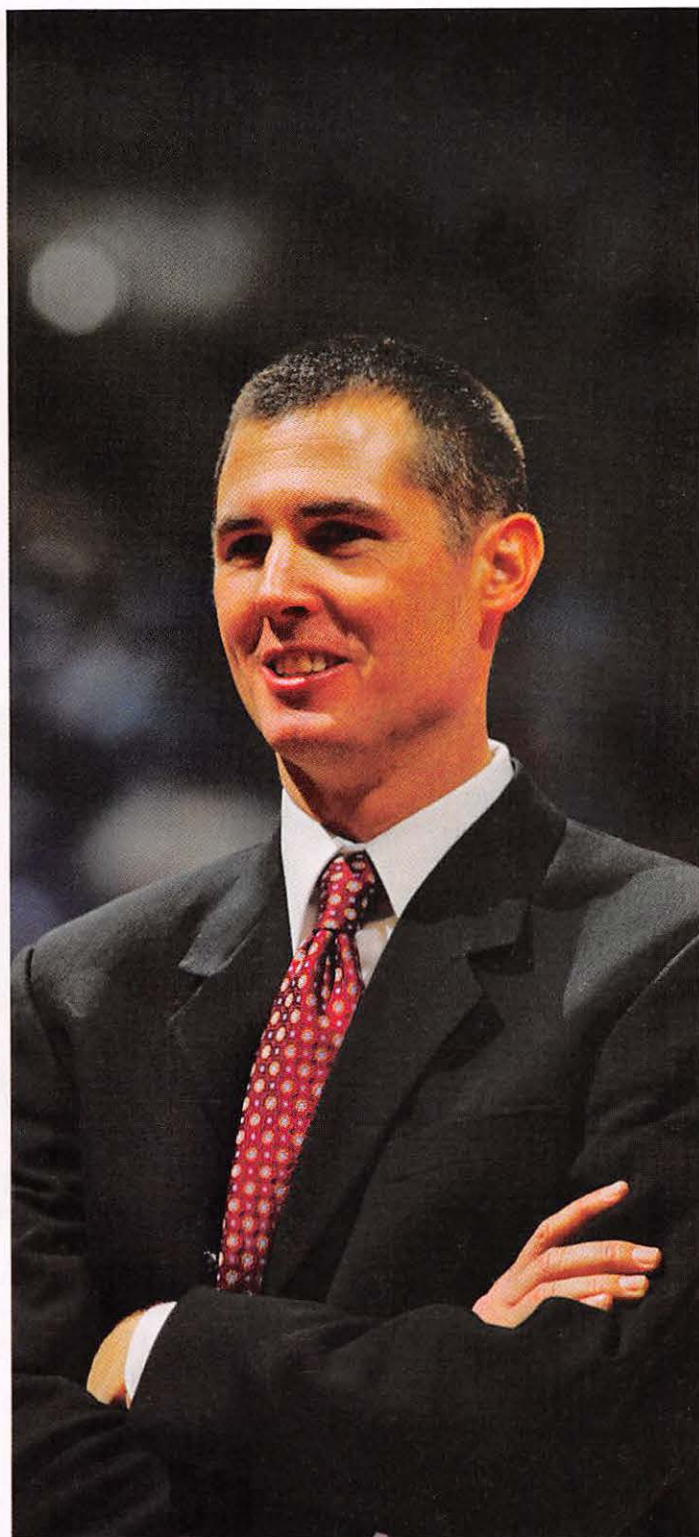
Wallace, the 2005 ASICS®/Volleyball Women's College Coach of the Year, has been the conductor of a Santa Clara team that has consistently raised the bar each season. That bar reached new heights in 2005 with the Broncos tying the school record for wins in a season with 27 and advancing to the program's first NCAA national semifinal berth.

The Broncos, the first unseeded team in NCAA history to advance to the national semifinals, lost to top-ranked Nebraska in the semifinals at the Alamodome in San Antonio, Tex.

"I'm not going to take credit for anything," said Wallace. "Eight or nine months ago the captains laid the foundation and mapped out our journey. This isn't so much about wins or how far we have gone in the tournament, it's about our style of play and the kids staying committed to their goals. That's the reason why we went to the (national semifinals) this year."

Santa Clara junior co-captain Kim McGiven can't point to just one superlative regarding her coach.

"He's got it all," said McGiven. "He's great at coaching the mental aspect of the game and he's great in the practice gym. He doesn't let you get away with anything and that makes us better for that. He cares about the players on and off the court. He encourages us



Wallace needs seven wins to become the program's all-time wins leader.

ANDREW GOODMAN

COACH OF THE YEAR

academically and in all other aspects of our lives. You feel valued as a player. He really respects every single one of the players out there. He will do anything he can to build us as better people."

Wallace, whose starting lineup for the national semifinal against Nebraska included four sophomores and a freshman, doesn't hide his player-first mentality, but says other factors come into play.

"First of all, this school is special. It's a great academic place with a comfortable feeling to it," said Wallace. "I work hard to keep the girls happy and give them what they need to have a great experience here inside and out. People gravitate towards people who are happy and having a good time. It makes the environment so much more fun. We express that on the court.

"I tell the girls we're nice guys that like to have a good time, but we will work you very hard and there will be times you might get yelled at, but it's only to make you better. We don't lose sight on what we need to do to win. But it's all about their experience. I try and coach from a player's perspective."

Wallace, who needs seven wins to become the program's all-time winningest coach, played collegiately at UC Santa Barbara and led the Gauchos to the 1988 NCAA championship match, earning all-tournament honors in the process.

"Without a doubt my playing career has helped me as a coach," said Wallace. "I have gone through the good and the bad and how team chemistry is and how strong discipline is. My foundation as a coach is what I went through as a player."

Wallace, 39, also lauds the efforts of Santa Clara assistants Dustin Moore,



Wallace helped lead Santa Clara to the NCAA national semifinals this season.

WINNING WALLACE

A look at Jon Wallace's tenure at Santa Clara

Year	W-L
1999	21-11
2000	27-5
2001	19-10
2002	24-7
2003	20-11
2004	18-9
2005	27-5*



Career Record: 156-58 (.729 winning percentage)

*NCAA national semifinal appearance

Matt Lyles (member of the 1991 Long Beach State men's national title team) and Will Yuen (who joined the program in 2005).

"This is our third complete season with these guys (Moore and Lyles)," said Wallace. "They have meant the world

in terms of how we had continuity in the off-season and in the gym. They have really helped this program."

The seventh-year head coach also placed a lot of trust in co-captains Kim McGiven and setter Kristen Luxton.

"It starts with the leadership with our two captains Kim McGiven and Kristen Luxton," said Wallace. "They got the girls ready. They have handled every big situation very well. They had the pulse of the team under their thumb and had this team going in the right direction the whole year. An environment was created to have a special year. We've had a special year that has been a lot of fun." ■

Unsung Heroes

A look at the teams and players that may have slipped under the women's college headline-making radar this season

ESTABLISHING EXCELLENCE

When Ohio University women's volleyball coach **Geoff Carlston** describes his experiences, he'll often say, "I've worked with some great people."

The great people on Ohio's team can show some great accomplishments. The Bobcats closed the 2005 regular season with a 37-match home winning streak and have lost only one Mid-American Conference match since Carlston came to Athens, Ohio in 2003.

Ohio has also won three straight MAC championships and became the first MAC team in 18 years to advance to the NCAA tournament regional semifinals (round of 16). Ohio, which lost to Arizona in the regional semifinals, finished the year 33-3.

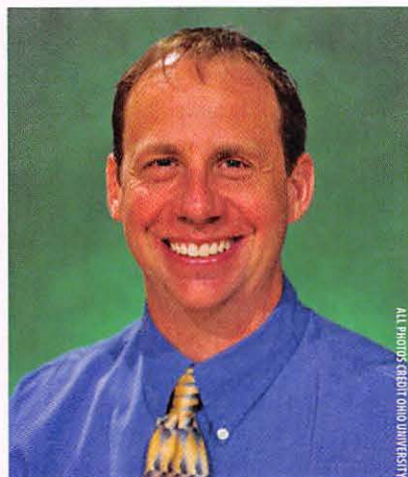
Ohio was a fixture this season in numerous national Division I team statistical categories (kills and assists). The Bobcats had three players on the team record at least 425 kills this season.

Carlson also talks about great people at his previous coaching jobs and from his unusual background. He earned a graduate degree in social work while a student assistant to University of Minnesota coach Mike Hebert. He was a ski bum for one winter in Steamboat Springs, Colo., and worked as a Peace Corps volunteer in the Central American nation of Belize.

"Once Geoff came, everything changed," said **Julia Winkfield**, a fifth-year captain who, along with **Holly**

Schetzle, were the team's only seniors. "He preaches a whole culture thing and talks about connecting as a team. It's things like running on and off the court and our team retreat before the season."

The team retreat is held at a nearby lake. Carlston uses the three-day get-away to establish routines and methods to reach their goals.



Ohio University coach Geoff Carlston



Ohio senior middle blocker Julia Winkfield

"We talk about being resilient and how we act when we are playing well and how we act when the other team is playing well," said Carlston. "The first year we laid out our plans and asked everyone, 'Are you with us?'"

Prior to Ohio, Carlston was the coach at Concordia (St. Paul, Minn.), which had an 0-18 record before Carlston arrived, but reached the Division II title match the year after he left for Ohio.

In his first year at Ohio, the team

went 29-5 and won the program's first-ever MAC crown.

The current sophomore class includes **Stephanie Blackburn** and **Melissa Griffin**, a 6'2" middle blocker from Whitehall, Mich. The Bobcats were 30-3 in 2004 when they lost to intrastate rival Ohio State in the second round of the NCAA Tournament. Ohio beat Ohio State in the NCAA tournament this year.

—George Alfano

SURPRISE, SURPRISE

Pepperdine, Tennessee and Purdue were three teams that engineered late-season runs to make it to the NCAA regional semifinals.

Pepperdine, unranked all season in the Molten/Volleyball Top 20, downed USC to advance to the round of 16. The Waves, who lost to national semifinalist Santa Clara, received key contributions from junior middle blocker **Sophia Milo** (All-West Coast first team) and freshman outside **Julie Rubenstein** (led team in kills).

Tennessee, ranked No. 7 in the Molten/Volleyball Pre-season Top 20, had won 16 of 17 (including a victory over Penn State in the regional semifinals) heading into the national semifinals. The Lady Vols had started the year 9-7. **Kristen Andre**, **Julie Knytych** and sophomore outside-right side **Yuliya Stoyanova** were key cogs for Tennessee, which was also a regional semifinalist in 2004.

Purdue had been in and out of the Top 20 rankings all season. The Boilermakers shook off a late-season three-match losing streak and had won four of five before losing to eventual NCAA champion Washington in the regional semifinals. Freshman **Danita Merlau** and sophomore **Samantha Mader** were Purdue's top offensive producers.



Pepperdine's Sophia Milo

QUITE A FEAT

2004 NCAA champion Stanford was knocked off in the second round by Santa Clara. The Cardinal, which finished the year 26-6 and tied for second in the Pac-10 Conference, played the latter part of the season without freshman phenom **Cynthia Barboza** and sophomore setter

Bryn Kehoe (who was Stanford's starting setter as a freshman last season). Barboza tore an ACL, while Kehoe broke her hand in practice. Look for Stanford to be right in the thick of things once again in 2006.



Bryn Kehoe (left) and Cynthia Barboza

A FIGHTING SPIRIT

Illinois State senior outside hitter **Laura Doornbos** was the recipient of the 2005 Missouri Valley Conference Most Courageous Award. Doornbos was diagnosed with thyroid cancer prior to her freshman season at Illinois State, but went on to enjoy a sparkling career in Normal. Doornbos was an All-Missouri Valley first-team selection in 2004 and 2005 and finished her career with 1,406 kills (sixth all-time at Illinois State).



Laura Doornbos

"Clearly, she is one of the best players ever at Illinois State," said Redbirds coach **Sharon Dingman**.

QUESTION OF THE MONTH

How did Iowa State get passed over for the NCAA tournament? The Cyclones finished 16-15 and 9-11 in the Big 12 Conference—the program's first winning season in 10 years. Iowa State swept Kansas (15-14, 7-13) and also held victories over Texas and Colorado in the league. (all three teams made the NCAA tournament). **Wichita State's** exclusion also raised a few eyebrows. The Shockers went 28-3 and ran the table in the Missouri Valley at 18-0 during the regular season. However, Wichita State lost to Missouri State in the MVC tournament title match which featured an automatic bid into the NCAA event for the winner. ■

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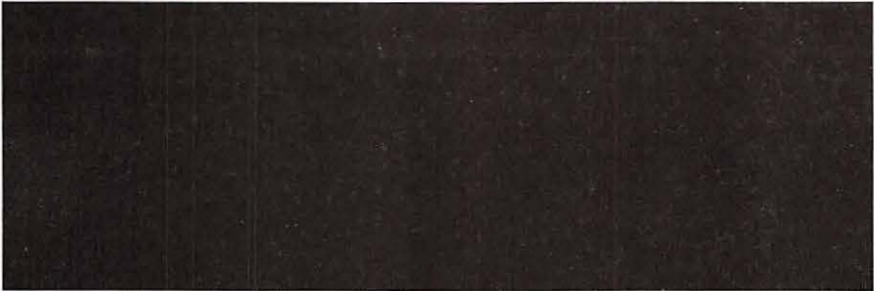


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2006

VOLLEYBALL

MEN'S



TOP



10

PREVIEW



Ivan Perez



1 BYU

Coach: Tom Peterson (4th season at BYU, 72-21; 16th season overall, 319-150)

2005 record: 20-10, 15-7 MPSF

Top players: Seniors Victor Batista (6'6", OH-MB), Rob Neilson (6'3", S), Brian Rowley (6', L), Taylor Evans (6'2", OH-Opp.), sophomores Ivan Perez (6'4", OH), Russell Holmes (6'8", MB)

Outlook: The Cougars return five starters from last year's team that finished third in the league. All-Americans Perez and Batista were the team leaders in kills a year ago. Batista put down 388 kills, while Perez was right behind him with 382. All-MPSF setter Neilson is also back as is talented libero Rowley and outside hitter-opposite Evans. Neilson ranked third in the nation last year in assists per game (13.22). Sophomore Russell Holmes also started 12 matches last year. Peterson won his 300th career match last season.



2 LONG BEACH STATE

Coach: Alan Knipe (6th season, 98-55)

2005 record: 22-10, 14-8 MPSF

Top players: Seniors Tyler Hildebrand (6'4", S), Duncan Budinger (6'8", MB), Robert Tarr (6'6", OH), junior Teddy Liles (6'8", MB)

Outlook: The 49^{ers}, who made it to the finals of the MPSF tournament last year, should once again be a major contender. Hildebrand, an ASICS®/Volleyball All-American first-team selection, is one of four starters that return for Knipe and is regarded as the top setter in the collegiate ranks. Outside hitter Tarr, who was named the ASICS®/Volleyball Most Improved Player in 2005, is also back, along with middles Budinger and Liles. Tarr tied for fifth in the country in kills per game (4.87). Budinger hit .451 last year after hitting .512 as a sophomore. Liles started 21 matches. Long Beach State's recruiting class was ranked No. 1 by *Volleyball*. The only other player who logged significant action last season is junior libero Tyler Caldwell. Knipe, a former player at Long Beach State, needs two victories to reach 100 for his career.



Tyler Hildebrand



3 UCLA

Coach: Al Scates (44th season, 1,109-200)

2005 record: 26-6, 18-4 MPSF

Top players: Senior Dennis Gonzalez (6'2", S), Damien Scott (6'5", OH), Nick Scheftic (6'11", MB), David Russell (6'7", Opp.), junior Paul George (6'5", OH), sophomore Tony Ker (5'10", L), freshman Sean O'Malley (6'9", OH)

Outlook: The Bruins return a total of nine letterwinners and two starters from last year's team that advanced to the NCAA national championship match on their home court. Scates certainly has two key pieces to build around in Gonzalez and Ker (10th in the country in digs in 2005). Ker was an ASICS®/Volleyball All-American second-team pick as a freshman. Scott, Scheftic and Russell, along with George and freshman newcomer O'Malley are expected to fill out the starting lineup, and there is talent beyond that including the likes of redshirt freshmen Jamie Diefenbach (6'7", MB) and Nathan Bosza (6'2", OH-Opp.) and true freshmen Brett Perrine (6'4", OH-Opp.) and Matt Wade (6'4", S). UCLA finished second in the MPSF during the regular season last year.



Dennis Gonzalez



Jonathan Winder

4

PEPPERDINE

Coach: Marv Dunphy (23rd season, 409-162)

2005 record: 25-2, 20-2 MPSF champions, NCAA champions

Top players: Senior Andy Hein (6'11", MB), juniors Tom Hulse (6'8", MB), John Parfitt (6'7", OH), sophomore Jonathan Winder (6'8", S)

Outlook: The 2005 national champions have a big void to fill with the graduation of 2004 and 2005 ASICS®/Volleyball Player of the Year Sean Rooney. However, Hein, Hulse, Parfitt and Winder were all starters on the national championship team. Winder was named the 2005 ASICS®/Volleyball Freshman of the Year and ranked second in the country in assists per game (13.56). Hein, an ASICS®/Volleyball All-American first-team pick, led the country in hitting percentage (.533) and was second in the nation in blocking (1.60 per game). The Waves' recruiting class was ranked in the Top 10 by Volleyball.

5

HAWAII

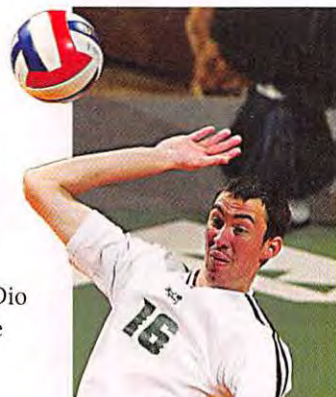
Coach: Mike Wilton (14th season, 260-114; 28th season overall 581-264)

2005 record: 19-9, 15-7 MPSF

Top players: Seniors Alfred Reft (5'10", L), Maulia La Barre (6'8", MB), Jose Delgado (6'3", OH), Matt Bender (6'1", OH), juniors Dio

Dante (6'8", MB), Brian Beckwith (6'4", S), sophomore Kyle Klinger (6'8", MB)

Outlook: The Rainbow Warriors return plenty of firepower from last year's 19-win outfit. Bender (3.55 kills per game), Delgado (2.45 kills per game), La Barre (2.36 kills per game), Klinger (2.03 kills per game) and Dante (1.66 kills per game) give junior setter Beckwith many different options. Hawaii also returns talented libero Reft, who was an ASICS®/Volleyball All-American first-team selection last season and was named the ASICS®/Volleyball Defensive Player of the Year. Look for Hawaii to be right in the thick of things in what appears to be shaping up as a very crowded upper tier in the MPSF.



Maulia La Barre

6

PENN STATE

Coach: Mark Pavlik (12th season, 254-83)

2005 record: 30-4, 12-0 EIVA champions

Top players: Seniors Dan O'Dell (6'7", S), Matt Proper (6'6", OH), Kevin Wentzel (6'4", OH), Nate Meerstein (6'9", MB), Alex Gutor (6'4", OH)



Outlook: The Nittany Lions are once again the crème of the crop in the east. The only major loss from last year's NCAA semifinalist was

All-American standout Keith Kowal. O'Dell, Proper, Wentzel, Meerstein and Gutor all played in the NCAA semifinal match against UCLA last spring. Proper, an ASICS®/Volleyball All-American second-team pick, was the team's top offensive producer in 2005, averaging 4.04 kills and 5.03 points per contest. Meerstein, Wentzel and Gutor were all north of 2.0 kills per game last year. O'Dell returns to direct an offense that hit a national-best .363 as a team in 2005. Meerstein ranked second nationally in hitting percentage (.521) in 2005. Penn State is in search of its seventh straight NCAA national semifinal berth.



Nate Meerstein



CAL STATE NORTHRIDGE

Coach: Jeff Campbell (9th season, 107-116)

2005 record: 19-13, 10-12 MPSF

Top players: Seniors Brian Waite (6'6", MB), Cary Hanson (6'5", OH), juniors James Lischer (6'7", MB), sophomores Isaac Kneubuhl (6'1", OH), Travis Bluemling (6'4", S)

Outlook: The Matadors are coming off a 2005 season that included 19 wins and an upset of UCLA in the MPSF tournament. Waite is one of the top middles in the country. He averaged 1.23 blocks per contest in 2005. Lischer (2.70 kills per game), Hanson (2.50 kills per game) and Kneubuhl (2.20 kills per game) were all starters last year. Lischer was third in the country in hitting percentage (.500). With setter Jeff Conover graduated, sophomore Bluemling looks to be taking over the setting reins.

Brian Waite

8

UC SANTA BARBARA

Coach: Ken Preston (28th season, 473-336)

2005 record: 16-14, 13-9 MPSF

Top players: Senior Bart Kowalski (6', S), juniors Evan Patak (6'7", Opp.), David Kennedy (6'6", MB), sophomore Theo Brunner (6'7", MB)



Outlook: The Gauchos advanced to the MPSF semifinals a year ago and return numerous key components from that club. Patak is a national player of the year candidate, who led the nation in kills (5.53 per game), while finishing second in the country in aces (0.55 per game). Patak earned ASICS®/Volleyball All-American first-team honors. Brunner had a tremendous freshman campaign, hitting .486 (fifth in the country) and averaging 2.21 kills per contest. Kowalski will begin his fourth season as the team's starting setter. David Kennedy is the younger brother of graduated standout Michael Kennedy. David previously played on the UCSB men's basketball team.



Evan Patak

10



UC IRVINE

Coach: John Speraw (5th season, 55-66)

2005 record: 9-20, 7-15 MPSF

Top players: Seniors Paul Spittle (6'1", L), Steffin Rangel (6'5", OH), juniors Jayson Jablonsky (6'5", OH), Matt Webber (6'5", OH), Brian Thornton (6'3", S), David Smith (6'7", MB), Brandon Mel (6'3", L), sophomores Aaron Harrell (6'5", MB), Jon Stellar (6'7", OH)

Outlook: The Anteaters only lost letterwinner Dillon Fitch off last year's squad and a majority of the team is still made up of non-seniors. Jablonsky, an ASICS®/Volleyball All-American second-team choice, is one of the top players in the league. He was a second-team All-MPSF pick a year ago after averaging 4.09 kills per contest. The team also returns a plethora of talent that contributed heavily last year, including the likes of Thornton (12.57 assists per game), Webber (2.93 kills per game), Smith (2.16 kills, .401 hitting), Harrell (2.10 kills, .457 hitting) and Mel (2.08 digs per game).



Jayson Jablonsky

9



OHIO STATE

Coach: Pete Hanson (22nd season, 409-244)

2005 record: 24-8, 14-2 MIVA champions

Top players: Seniors Mark Greaves (6'4", OH), Andy Cole (6'6", OH), Layne Dreven (6'8", MB), sophomore Daniel Mathews (6'6", S)

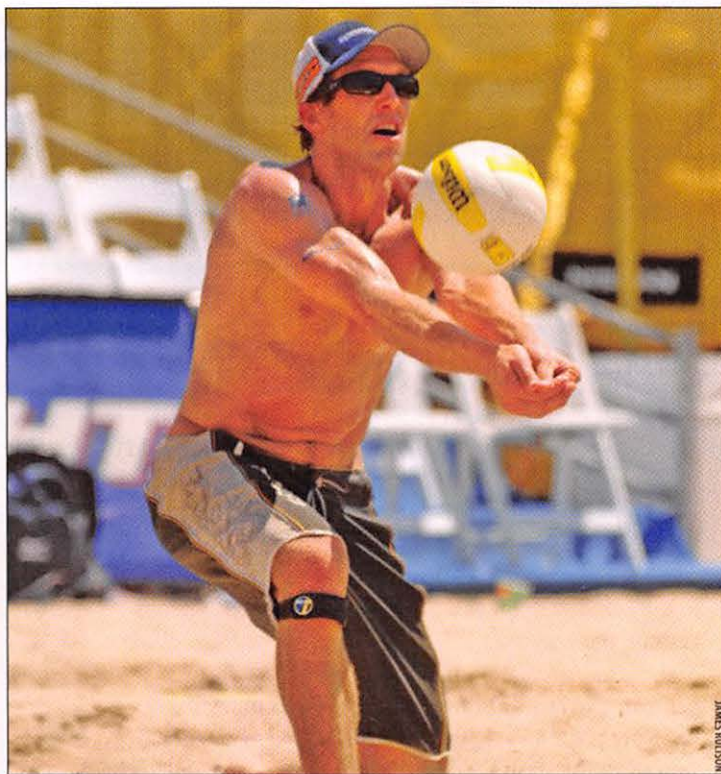
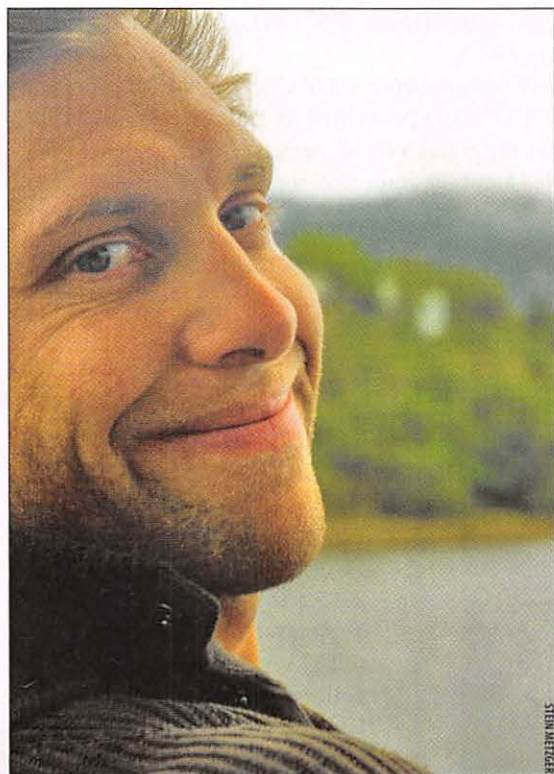
Outlook: The Buckeyes made their 14th NCAA semifinal appearance last season and return seven players who saw action at UCLA. Greaves was an ASICS®/Volleyball All-American first-team selection after averaging 4.35 kills and hitting at a .323 clip. Cole averaged 3.78 kills per game, while Dreven was the team's top blocker at 1.37 per game (tied for sixth nationally). Ohio State is also in good shape with the return of Mathews who is coming off a great freshman season at the setter position (13.10 assists per game, .323 team hitting percentage). He finished sixth in the country in assists.



Daniel Mathews

Q&A ► Stein Metzger

By Mike Miazga



Metzger competed in the 2004 Olympics with Dax Holdren.

Metzger is preparing for his 10th season on the AVP tour. The 33-year-old veteran is fresh off a banner 2004 season that saw the 6'3" UCLA alum and former partner, Jake Gibb, win the AVP men's points title thanks to four tour victories and 12 podium finishes in 14 starts. Metzger, a native of Honolulu, Hawaii, competed in the 2004 Olympics in Athens, Greece with Dax Holdren, despite forming the partnership well into the qualifying process. Metzger, who has eight career wins and has over \$480,000 in career earnings, took time recently to talk about a variety of different issues including his busy off-season (his wedding tops the list) and who he is going to play with in 2006.

Volleyball: You recently went on vacation to Africa. How'd that go?

Stein Metzger: We were in South Africa for three weeks. We went to Cape Town and then up the coast to Port Elizabeth. We went on a safari. This was my pre-honeymoon (Metzger married Emily Aragon on Jan. 14 in his home state of Hawaii). We decided to do the honeymoon before the wedding, which is a little unorthodox, but it was a great time. We went with Jen Kessy and Aaron Boss (who were recently married in a busy off-season of AVP nuptials) and Jake and Jane Gibb.

VB: What was the safari like?

SM: The safari was unbelievable. We were a few feet away from cheetahs chasing rhinos. There

were lions and giraffes and buffalo and like 20 different kinds of antelopes. We were out there for four or five days. My favorite animal there is a tie between the rhino and the giraffe. We were sitting in an open jeep and a cat (i.e. cheetah) was right there. He's not looking at the tire or fender. He's looking right into your eyes. It was pretty scary. I'm thinking we're about as big as the rhino so when is he going to come after us? Sure enough he chased us down the trail later.

VB: Tell us about your new bride...

SM: She does not play volleyball. That's usually the next question people ask me so I figured I'd answer it for you. We've been together for five years. She's from Northern California. She's into art



Metzger will team this season with childhood friend Mike Lambert.

so she brings something different to the table. I like that.

VB: Can you confirm the big rumor as to who you are going to play with this season?

SM: I'm playing with Mike Lambert (2004 AVP MVP). That just happened recently. Mike and I always talked about this. We've dreamed about playing with each other for the last 20 years (the two grew up together in Hawaii and attended the same Punahou High School in Honolulu). The timing never seemed to be right. But now it just seemed that someone had to make a move here at some point because we're not getting any younger. If we didn't do it now, I don't know when it would have happened.

VB: How tough was it ending your partnership with Jake?

SM: Jake had such an amazing season



Metzger and his new wife, Emily, went on an African safari with, from left, newlyweds Jen Kessy and Aaron Boss and Jake and Jane Gibb.

and was such a pleasure to play with. It made the decision real tough on me. He evened out the physical part of playing. It just came down to the fact Mike and I had been dreaming about this forever. I've been put in a real fortunate position to be able to choose between the best two blockers in the league. Both are great players and tremendous people.

VB: The history between you and Mike is obviously significant....

SM: We've been really good friends since I was in ninth grade and he was in eighth grade. We're lifelong friends and our families have spent time together. We have a really long history. I used to drive all the way from Townside in Honolulu to Kaneohe to pick him up. It's 25 minutes each way, which to people in Hawaii is like driving from Los Angeles to San Diego each way. I figure he owes me at least three blocks per game for all the times I picked him up.

VB: What about this new hobby you have?

SM: I've taken a number of sailing courses with Emily. I've been enjoying that. I'm certified so I can charter boats and take them out. Emily got mad at me the other day because I spent two hours online looking at boats.

VB: What are your short and long term plans on the court?

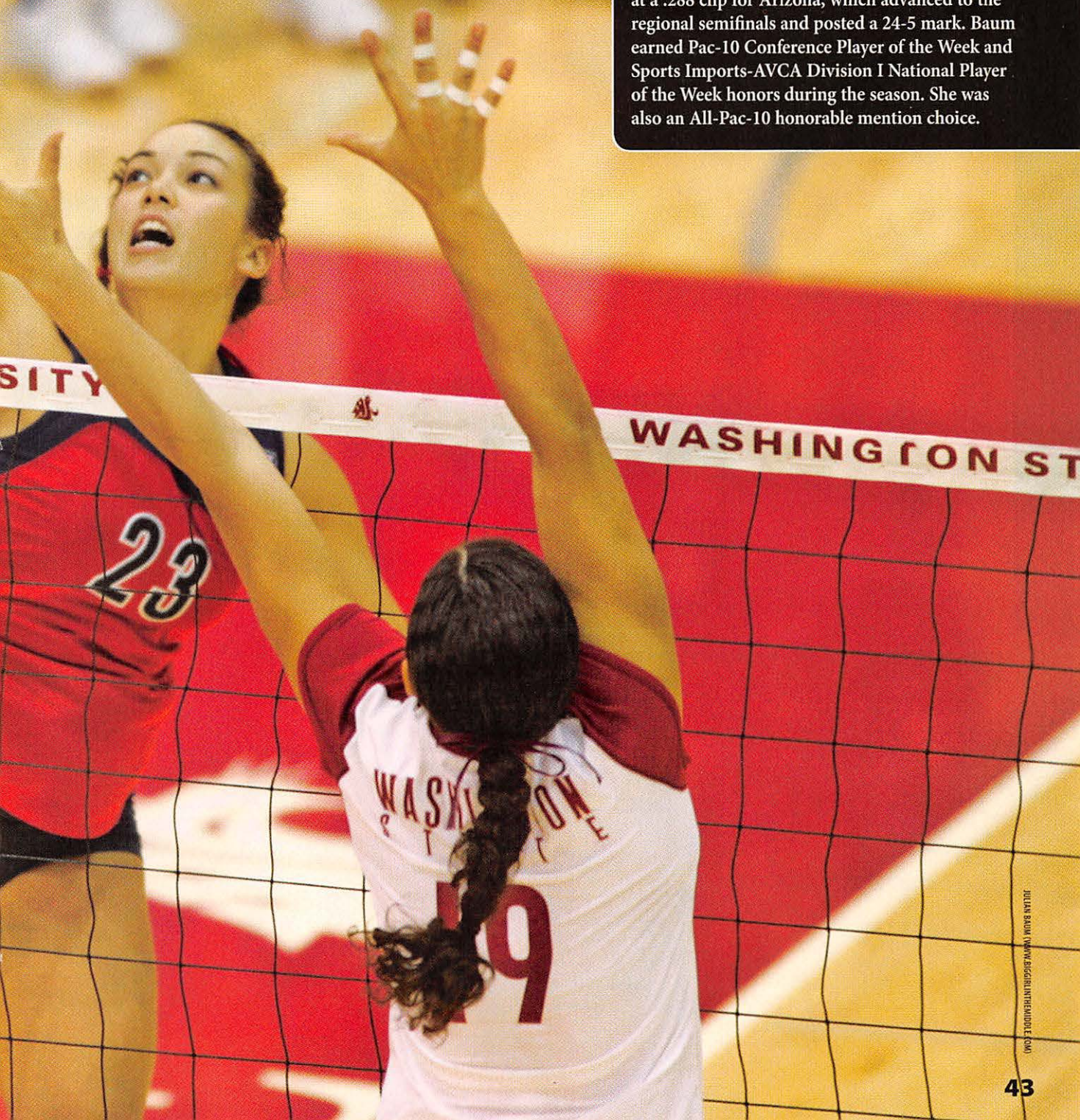
SM: The Olympics is the goal. I really want to go back and give it a shot with a more traditional team with a blocker and a defender. Dax and I had an uphill battle because we were both defenders. My plan is to get to the Olympics and evaluate things from there. Maybe I'll go another two or three years after that. If my body holds up and I'm still enjoying it, I want to play for awhile. It's such a great job. ■



Volleyball

BAUM'S AWAY

Arizona junior middle blocker-opposite hitter Kristina Baum goes up for a shot in a Pac-10 Conference match this past season at Washington State. Baum averaged 2.36 kills, 1.92 digs and hit at a .288 clip for Arizona, which advanced to the regional semifinals and posted a 24-5 mark. Baum earned Pac-10 Conference Player of the Week and Sports Imports-AVCA Division I National Player of the Week honors during the season. She was also an All-Pac-10 honorable mention choice.



PASSING THE SHORT SERVE

By Christy Johnson

Passing a short serve requires a slightly different technique than passing a deep serve. The closer you are to the net, the higher and more straight up and down the pass needs to be. As soon as you recognize a short serve coming your way, sprint to the ball and keep your platform high. Be sure to move your feet and get completely under the ball. Many passers make the mistake of passing a short serve too far out in front of their body, which results in a low pass or an overpass. In this picture, **Katie Churm**, our junior libero who went over the 1,000 career dig mark this season, passes this short serve in a comfortable and upright position, assuring a pass that is both high enough for our setter and on our side of the net.

Christy Johnson just finished her first season as the head women's coach at Iowa State University. A former assistant at Wisconsin and an All-American performer as a player at Nebraska, Johnson helped lead Iowa State to a 16-win season this year, which put the squad on the brink of an NCAA tournament berth.





3 Core Rapid-Fire Medicine Ball Exercises

by Robert Smith



▲ FIGURE 1



▲ FIGURE 2



▲ FIGURE 3

THE EXERCISES

1. MB Chest Repeat Pass

Athlete assumes passing ready position facing wall with medicine ball held in both hands at chest level, approximately four feet away from wall (Fig. 1). Instruct the athlete to keep the core "tight" throughout exercise by performing a draw-in maneuver (holding belly button in as close to spine as possible while breathing normally). Athlete then forcefully extends arms, throwing ball at wall as hard as possible. Keeping the arms extended, athlete quickly receives the ball rebounding from the wall, absorbs the ball's momentum and throws the ball back at wall as hard as possible. Repeat for 20 repetitions.

2. MB Overhead Repeat Pass

Athlete assumes blocking ready position facing wall with medicine ball held in both hands overhead, approximately two feet away from wall (Fig. 2). Athlete maintains "tight" core as described above. Keeping the arms straight at the elbow, athlete throws ball at wall as hard as possible. Keeping the arms extended overhead, athlete quickly receives the ball rebounding from the wall, absorbs the ball's momentum and throws the ball back at wall as hard as possible. Repeat for 20 repetitions.

3. MB Side Repeat Pass

Athlete assumes passing ready position standing perpendicular to wall, approximately three feet away, with medicine ball held in both hands "scooped" underneath ball just below waist-height (Fig. 3). Athlete maintains "tight" core as described above. Athlete pivots away from wall, then forcefully rotates (pivoting toward wall) throwing ball at wall as hard as possible while keeping arms straight at the elbow. Arms remain extended while athlete quickly receives the ball rebounding from the wall, absorbs the ball's momentum (pivoting away from wall) and throws the ball back at wall as hard as possible. Repeat for 10 repetitions with left shoulder toward wall. Then quickly turn right shoulder toward wall for another 10 repetitions.

How They Do It

Select a medicine ball from 3-6 kg, depending on the training age and strength level of the athlete. The three exercises are performed in rapid succession with no rest in between. Each set of the protocol results in 60 total repetitions and should take between 30-45 seconds. Rest period in between sets should be 2-3 times the duration of the set. This protocol can be used as a warm-up activity (2-3 sets with lighter medicine ball) or toward the end of a session as core exercises (3-4 sets with heavier ball).

Making It Work For You

Move dynamically and in control, attempting to control movements from your core. As with all exercises, use full ranges of motions that are pain-free on each exercise. If you feel any discomfort in your core area (especially in the lower back) focus on keeping the core muscles engaged and reduce the weight of the medicine ball until the discomfort is gone.

About Performance Conditioning

This article is coordinated by Ken Kontor, the publisher of *Performance Conditioning Volleyball*. Visit www.performanceconditioning.com. For more information on the USA Volleyball Master Instructor Program, visit www.usavolleyball.org.

Robert Smith is the director of Integrated Performance Training located in Delray Beach, Fla. Robert has worked with beach volleyball professionals who compete on the AVP, FIVB and regional tours, as well as professional athletes from the NFL, MLB, NHL and ATP. In addition, he has designed and implemented training programs for high school volleyball, basketball, baseball and swimming teams. Contact Robert at rob@iptsport.com.



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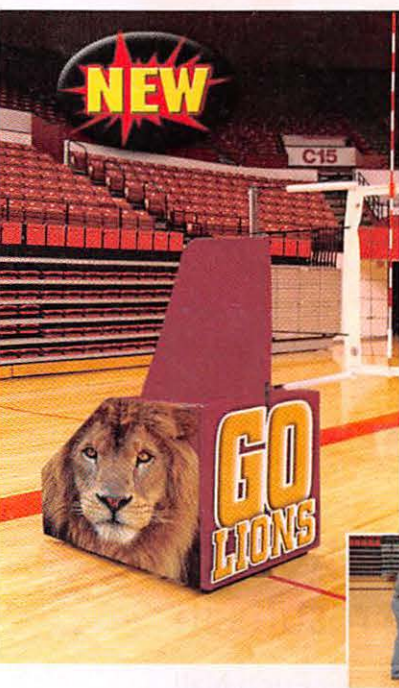
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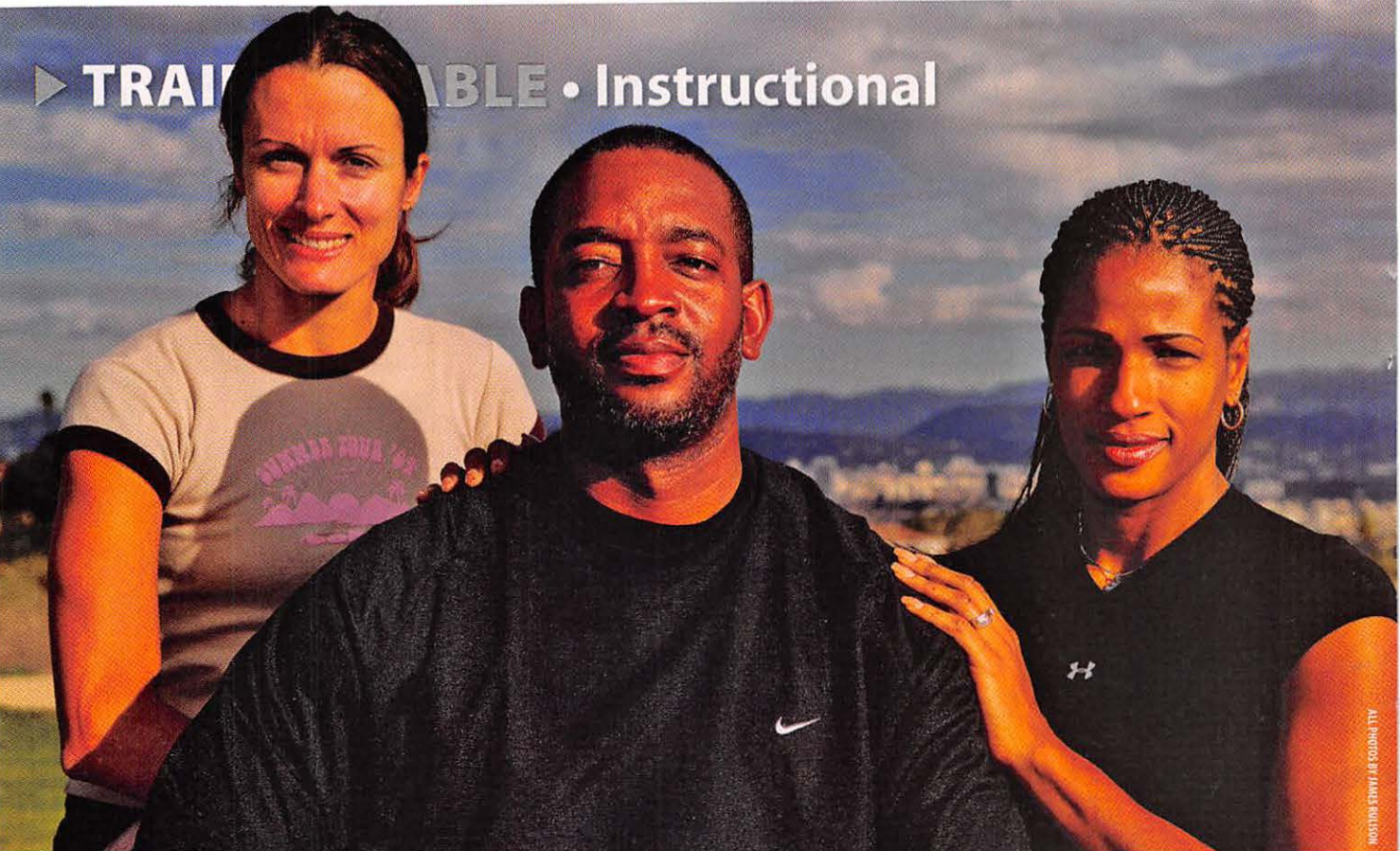
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AVP women's player Jen Pavley (left) and Sharon Moch helped Coach E demonstrate these exercises.

5 KEY

STABILITY TRAINING EXERCISES

Improving your core strength
will lead to positive results in
the long run By Erich Nall

Aggressive movements make up the sport of volleyball. Jumping, sprinting, backpedaling, diving, shuffling and bounding are movements that inflict a tremendous amount of trauma on the athlete's body, which many times results in injury, diminished play and loss of flexibility. Ultimately, the effect is lost potential as realized in diminished performance in each game throughout the duration of the season.

In order to counter the effects of such trauma, two primary core areas must be consistently focused upon. Stabilizing exercises are required to help the athlete strengthen the muscles that give support to the upper and lower back, along with developing hip strength which creates more stability, flexibility and mobility and keeps the pelvis in alignment.

When performing these exercises on a consistent basis, it gives the athlete the core strength to train the body to work harder in the preseason and keeps the body healthy longer during the regular season. By dramatically reducing, thereby preventing, the chance of injury due to trauma to the body due to play, performance can be consistent and potential efficiency will be increased. Consistent work during the preseason will act as preventative medicine for the body.

The following stabilizing exercises can be incorporated into the normal workout day or can be supplemented at the end of the normal cardio workout day. To maximize the potential for precise performance of the exercises to follow, I recommend that minimal repetition and sets be performed in the early phase. As strength and proficiency of the exercises increase, repetition and sets increase as well.

WARM-UP

10 to 15 minute easy jog followed by full dynamic stretch routine

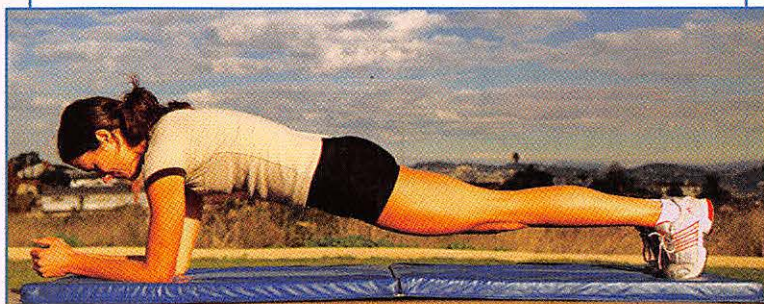
EXERCISE 1

BRIDGE OR PLATFORM

Bridge exercises develop stability and strength in the shoulder, upper and lower back, hip and abdomen core.

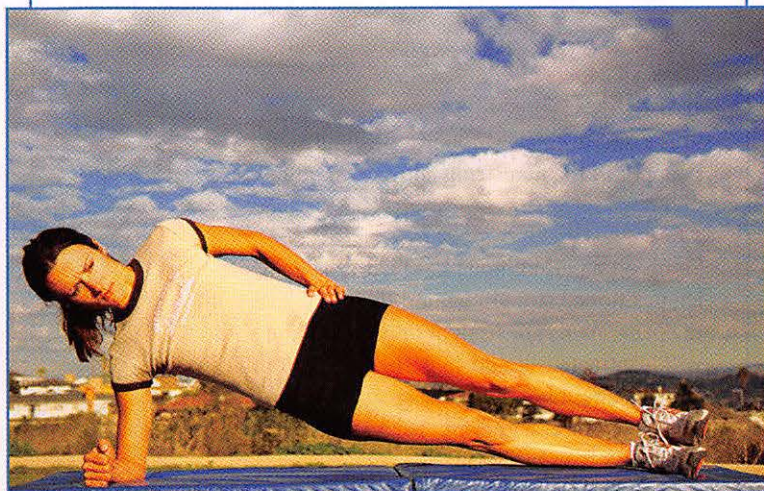
FRONT PLATFORM EXECUTION

Lie face down in a push-up position with forearms firmly resting on the floor. Bicep of arm should be perpendicular to the floor, with arms bent at 90-degree angle. Push up off elbows, putting weighted pressure on elbow and toes. Contract the abdomen to protect the spine. Keep chin down where an imaginary straight line is created from the back of the head to the heels of the feet. When performing this exercise, try not to move hips out of the imaginary line created by perfect posture. The pressure of the exercise will develop stability and strength in shoulders, lower back and abdomen core.



SIDE PLATFORM EXECUTION

Lie on side with forearm firmly planted underneath the body, perpendicular to the floor. Feet and legs are on top of each other with feet flexed forward. Raise hips off the ground, creating a straight line from the feet to the shoulders. Symmetry is important. Do not let hips move forward or backward (remain straight). Head is on the same straight line as the body to keep pressure off the neck. This exercise focuses on the abdominal oblique and gluteus. Repeat on opposite side.



► Instructional

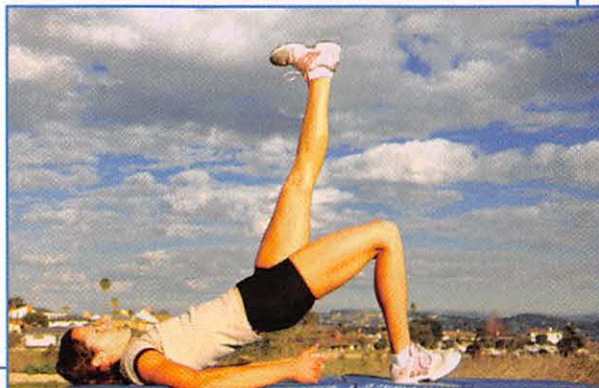
EXERCISE2

GLUTE SQUEEZE

To create strength and explosive potential in the glute and hip flexor

EXECUTION

Lie on back, on the floor, with one knee bent at 90 degrees and foot flat on the floor. Opposite leg is extended straight with the foot flexed upward. With abdomen contracted, lift hips upward, squeezing the glute. Shoulders remain on the floor with only the heel of the foot planted on the floor. The straight leg is then lifted upward toward the ceiling to a perpendicular position. Hold this position for a one count, release contracted glute and lower toward floor without touching in and repeat. Repeat on opposite leg.



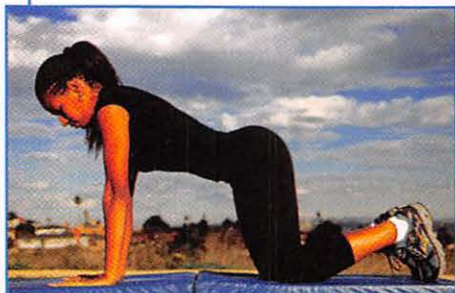
EXERCISE3

OPEN & EXTEND

This exercise provides stability to the spine while developing strength and flexibility in the hip and glute area.

EXECUTION

Sit up on hands and knees with abdomen contracted. Arms are straight underneath body with protracted shoulders perpendicular to the floor. Open leg with the knee bent to side with full range of motion. Once maximum lift is reached, extend the lower leg with the foot flexed forward. Without lowering the leg, reverse the action by retracting the lower leg and bringing the leg back down to the starting position. Repeat with the opposite leg.



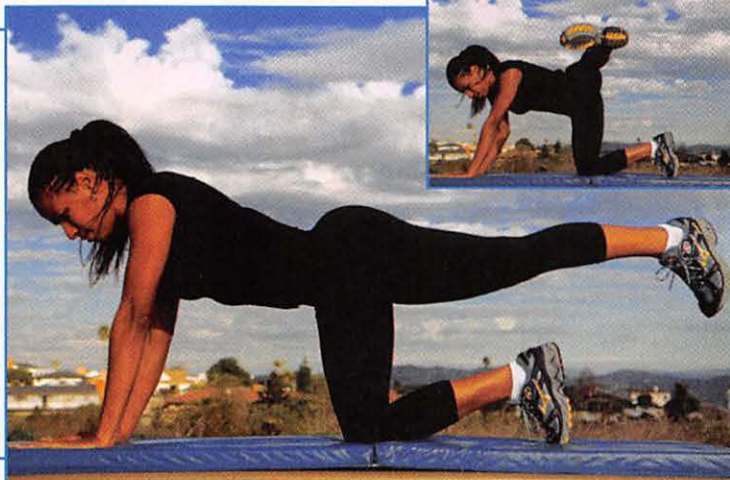
EXERCISE4

BIG KICKS

This exercise creates mobility, flexibility and strength in the hamstring and the hip joint.

EXECUTION

Sit up on hands and one knee with the opposite leg positioned straight behind the body, level with the back. Arms are straight underneath the body with protracted shoulders perpendicular to the floor. Without bending the leg, at the knee, kick the leg forward, with foot flexed and hip high. Repeat with opposite leg.



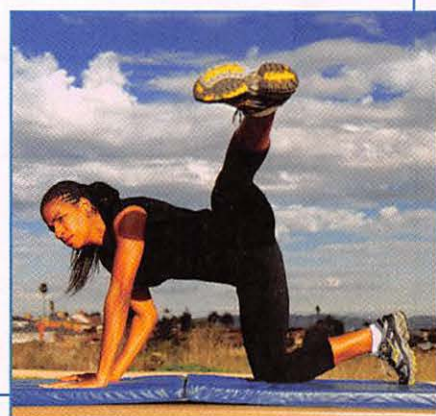
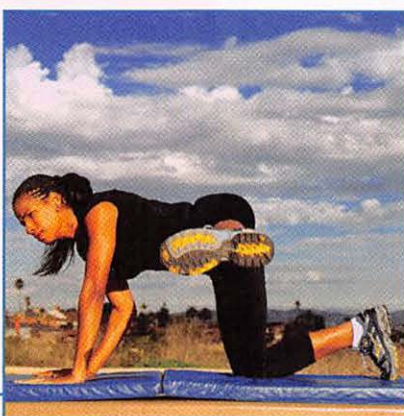
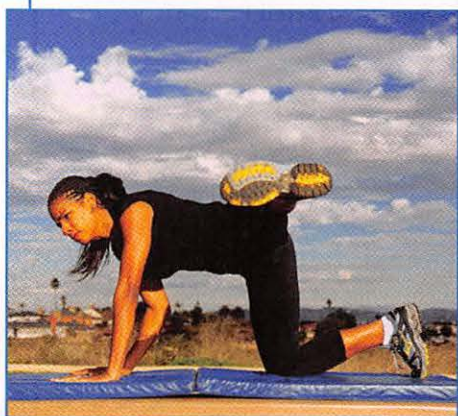
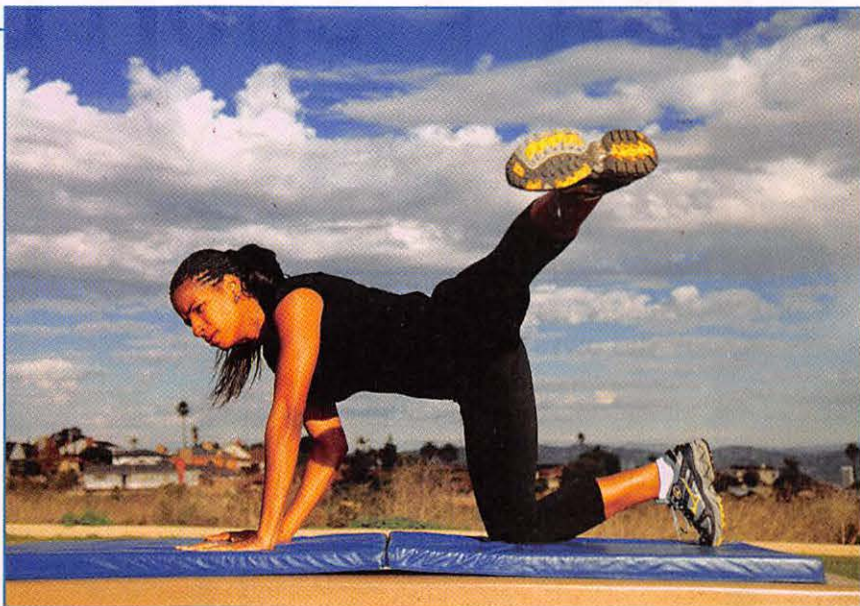
EXERCISE 5

STRAIGHT LEG ROTATIONS

The objective is to stabilize the spine and create flexibility, stability and strength in the hip.

EXECUTION

Sit up on hands and knees with abdomen contracted. Arms are straight underneath the body with protracted shoulders perpendicular to the floor. Lift the straight leg to the side of the hip with the foot flexed forward. Rotate the extended leg in a full circle. Reverse this motion for the same number of repetitions. Repeat on opposite side.



PHILOSOPHY

Stability work and the exercises listed should be used in all phases of training throughout the season. At the start of the preseason, these exercises should be done to allow the athlete's body to prepare for the off-season training and to identify areas in the hip and back areas that are weak and out of balance.

This off-season training is more muscle specific, which increases the potential for maximum performance. Using these exercises during the season helps the body maintain muscle alignment, which keeps the vertebrae and pelvis in alignment. This alignment helps to prevent a considerable amount of nagging injuries that may not stop the athlete, but prevents maximum and consistent performance. Ultimately, the athlete trains better, plays better and feels better performing.

ABOUT ERICH NALL

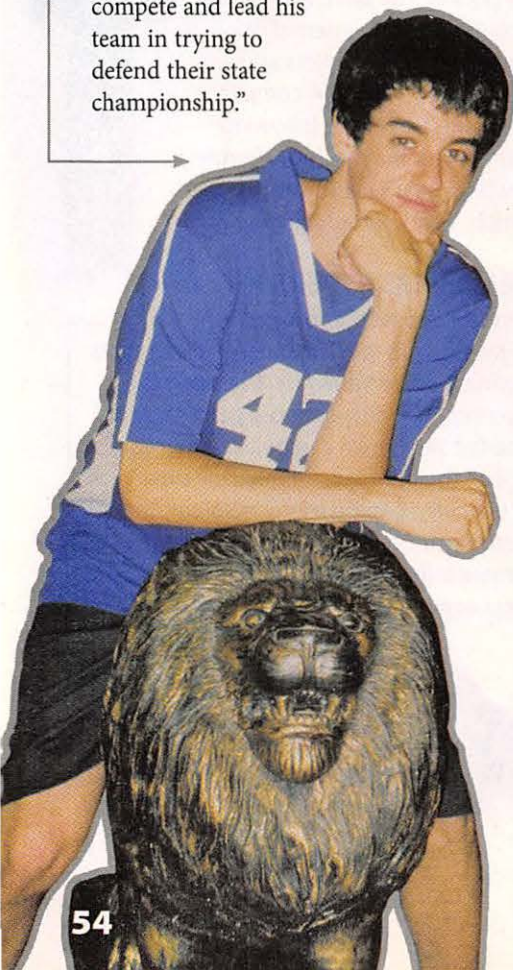
Erich Nall is a regular contributor to *Volleyball*. Erich, known fondly as Coach E, has been a prominent figure in the Los Angeles community throughout his life. Erich is an educator and promoter of physical fitness and self-improvement. He has coached and trained many successful professional athletes, actors, models and others in the entertainment industry for the past 15 years. For more information, visit www.ultimatetransformations.com.



A SALUTE TO

IN CONTROL

Joey McElhannon is a 6'3" senior outside hitter at Tallwood High School (Virginia Beach, Va.), who also plays for the Beach Juniors volleyball club. A co-captain on the defending state champion Tallwood High School team, he was selected for the all-tournament team at the Virginia Volleyball Showcase in 2005. "Joey's ball control in serve-receive and defense makes him a standout on the volleyball court," said coach Angela Hubner. "He also possesses a strong desire to compete and lead his team in trying to defend their state championship."



ONLY ONE

The **Iolani Intermediate** (Honolulu, Hawaii) "black" team went 9-0 during the regular season, suffering its only loss of the year in an exciting three-game match during the semifinals. "These kids were a great example of 'One Team,' and as great a bunch of kids as any coach could have," said coach Sam Kalingo. Team members include, front row, from left: Gregory Lum, Marcus "Skittles" Joy, Scot "Dolph" Enos, Scott "Scooter" Sakaida, Brett "Spillage" Christman, Colins Tseng, Slogan Nowack. Back row, from left: Jared Yamamoto, Brock "Mo" Yap, Ian Franklin, Micah Baclig, Ryan Nakamura, Evan Sukita, Tyler "Turtle" Tanaka, Sam Kalingo (coach).



KEEPING THINGS BALANCED

Jacob Randall Haines is a 6'2" junior outside hitter who attends Oxnard (Calif.) High School and plays for the Shoten 18s club team. Last year for Shoten 18s, he was named most improved, most inspirational, best digger, best server and given the coaches award. He competed in the CIF finals last year and was third on his team in scoring, kills, aces and blocks. "Jacob is not only dedicated to volleyball but to school, family, church and being positive," said Shoten club director



Dan Ventura. "Keeping all these things balanced is what makes him a good volleyball player. This year Jacob will strive to be an all-league selection and also MVP of the Pacific View League." Jacob keeps up a 3.8 GPA at Oxnard.

SETTING RECORDS

Vanessa Perry is a 5'8" senior setter who attends Issaquah (Preston, Wash.) High School and plays club for the Kent Juniors U18 team. In 2005, she was chosen as *King County Journal Athlete* of the Week. She was also named *Seattle Times* Athlete of the Week



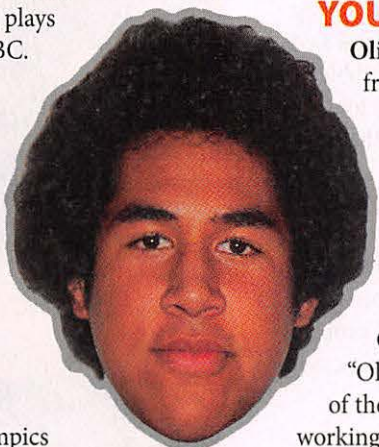
and *Journal American Athlete* of the Week. She has set records at Issaquah for assists in a match (47), assists in a season (792), career assists (1,794) and is second for most aces in a season with 97. "Vanessa brings a mental maturity to the court. Her skills and understanding of the game are outstanding and her attitude drives her team," said Tom Perry. "She has a great serve and is a very effective setter in a 5-1 offense."

THE

FUTURE

BIG MAN ON CAMPUS

Garrett Muagututia is a 6'6" senior middle blocker who attends Francis Parker High School (San Diego, Calif.) and plays for the Seaside VBC. He was All-CIF and all-county in his freshman, sophomore and junior years and was MVP of both his division and the Western League in 2004 and 2005. He was also a Junior Olympics All-American in 2004 and 2005. "Outstanding all-around athlete," said Seaside coach Fred Featherstone. "Garrett possesses tremendous functional strength, balance, agility and speed for a big man. He can flat-out hammer from anywhere on the court, with an uncanny ability to anticipate, improvise and find ways to be successful. He is extremely difficult to block due to his uncanny ability to change speeds and turn the ball. In a nutshell, he's a complete player



who competes, is coachable, well-liked and respected a great deal by his teammates."

YOUTH SERVED

Oliver Deutschman is a 6'1" freshman setter at Crossroads High School (Santa Monica, Calif.), who also plays for the Pacific Palisades volleyball club. At last year's Junior Olympics, Oliver led his team to a silver medal in the 14 Open Division.

"Oliver is one of the hardest working players that I have seen," said Pacific Palisades coach Matthew Diaz. "He makes every member of his team better when they step on the court with him. Most of all, Oliver is a natural leader when it comes to volleyball. His teammates want to produce for him because they see how hard he works and they emulate his behavior. We are lucky to have this kid in our club."



CHEMISTRY SET

The **Issaquah (Preston, Wash.) High School** varsity team recently won its second consecutive league championship as well as the 2005 district championship. The team had over 600 aces in 28 matches, with five players contributing over 60 aces each. "When talking about the 2005 Issaquah volleyball team, there is one word that describes them, chemistry," said coach Todd Parsons. "Over the past two years this team has competed on the court as hard as anyone, but the friendships

these players have built are the true key to the team's success. As a coaching staff, we could not be more pleased with the commitment to excellence these girls have made." Team members include: Vanessa Perry, Melissa Richardson, Lauren Goodman, Lindsay Agnew, Amy Pennington, Amanda Crank, Jenna Suttmeier, Aubrey Jensen, Casi Schwisow, Kristy LeMond, Nicole Gilmore, Cora Houser, Kayla Schwisow and Jacquie Tilden.



Nominations for Roll Call should be sent to: Roll Call, Volleyball Magazine, 420 Boylston St., 5th Floor, Boston, MA 02116 or e-mailed to letters@volleyballmag.com. Photo and typed or printed player information must be included.

OFF THE COURT WITH SOME OF THE NATION'S TOP JUNIORS PLAYERS

By Kevin Titterton

1. FINDING HIMSELF

Anthony Schacht, a 6'1" middle hitter at Downers Grove (Ill.) South High School, tried practically every sport before settling on volleyball. "One year I tried out and made the football, basketball and volleyball teams. I remember one basketball game when it was down to the last few seconds. The score was tied and I was playing center. It was our ball and our coach called a timeout. He turned to me and said, 'Anthony, I don't care if every other player has fallen on the floor, don't dribble, just pass.' We resumed the game, the ball was passed to me and I did as I was told. Our team made the basket and we won at the last second. It made me realize that maybe basketball wasn't my calling."

2. DUCT TAPE FIXES EVERYTHING

Cory Yoder, a 6'3" outside hitter from San Clemente (Calif.) High School, was on a surfing trip in Costa Rica when he decided to go horseback riding. The outing ended when his sister's horse kicked him in the shin, splitting it open. "I probably should've gotten stitches. Luckily enough, we found some duct tape so I just covered it up and surfed the very next day."

3. SHOUT OUTS

Eric Schulte, a 6'4" right side hitter at Shorewood (Wis.) High School, speaks up about the five best aspects of living in Wisconsin.

- 1) The Brewers. I know they'll be in the World Series in a couple of years.
- 2) Drinking from a bubbler instead of a water fountain
- 3) The unlimited supply of homegrown cheese curds
- 4) Summer Fest
- 5) Brett Favre — enough said.

4. WATCH YOUR STEP

Danielle Goodnight, a 5'10" right side hitter at Martinsville (Ind.) High School, has proven that accepting the award for a championship title can be the hardest part. "The last time Martinsville won the state finals (1996), I was there as a manager because my aunt was the coach. After the team won, I went with them to get their medals and I tripped getting on the platform. In 2005, I was a player when Martinsville won the state championship again—thank goodness there wasn't a platform!"

5. WHOOPS

Mike Gaudino, a 6'4" outside hitter at La Cañada (La Cañada Flintridge, Calif.) High School, was in a serious rush on his way to club practice and was low on gas. He stopped to fill up, and in his haste, accidentally put diesel fuel in his car. After practice, his car wouldn't start and his dad had to pick him up at 11 p.m. His teammates now call him "Diesel."



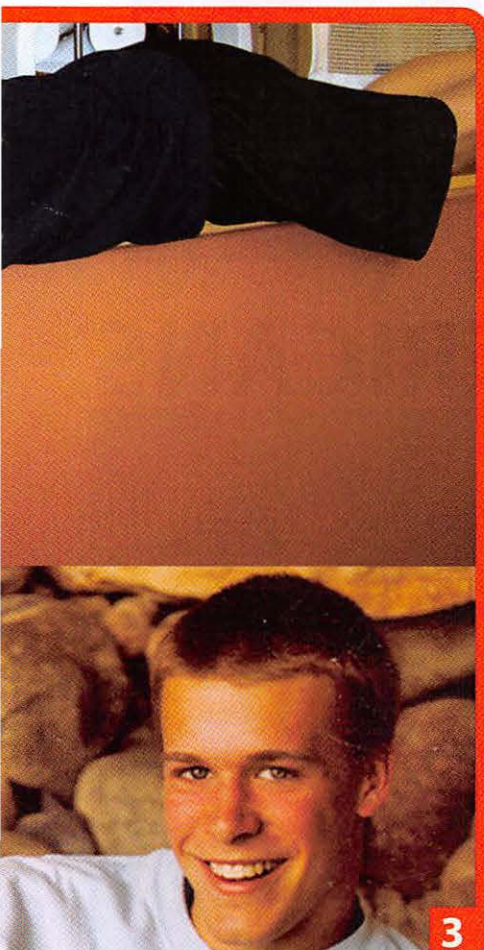
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ALL PHOTOS PROVIDED

RECENT COLLEGE COMMITMENTS

NAME	HIGH SCHOOL	YEAR	COLLEGE CHOICE
Madelyn Bagby	Clear Lake (Houston)	Senior	George Washington
Brooke Bartek	Lincoln Northeast (Neb.)	Senior	Nebraska
Katie Bremner	Rockford Boylan (Ill.)	Senior	Purdue
Hunter Current	Bellarmino Prep (Calif.)	Senior	USC
Stephanie Darnall	Laguna Beach (Calif.)	Senior	San Diego State
Meagan Dooley	Lakota West (Ohio)	Senior	Pittsburgh
Caity DuPont	Muskego (Wis.)	Senior	Wisconsin
Shantell Durrant	American Fork (Utah)	Senior	Washington
Joey Dykstra	Redondo Union (Calif.)	Senior	USC
Lauren Felsing	Wisconsin Lutheran	Senior	UW-Milwaukee
Jaime Frey	Roger Bacon (Cincinnati)	Senior	Cincinnati
Nikki Fowler	Plano West (Tex.)	Junior	Tennessee
Teddy Goetz	Valencia (Calif.)	Senior	UCLA
Alli Hillgren	Francis Parker (San Diego)	Senior	USC
Grant Hilling	Northwood (Calif.)	Senior	Pepperdine
Amber Kaufman	Branham (San Jose, Calif.)	Senior	Hawaii
Kevin Ker	Valencia (Calif.)	Senior	UCLA
Heather Kisner	Clements (Houston, Tex.)	Senior	Texas
Julianna Klein	Keota (Iowa)	Senior	Missouri
Kent Kraushaar	Woodbridge (Calif.)	Senior	UCLA
Mallory Ladd	Prairie Ridge (Ill.)	Senior	Toledo
Katie Mills	Steamboat Springs (Colo.)	Junior	UCLA
Makenzie Mullin	Blue Valley West (Kan.)	Senior	Arizona
Rachael Moss	Los Alamitos (Calif.)	Senior	Duke
Janet Okogbaa	Berkeley Prep (Tampa, Fla.)	Senior	Stanford
Tommy Pestolesi	Edison (Calif.)	Senior	Long Beach State
Angie Porshe	T.F. South (Lansing, Ill.)	Senior	Valparaiso
Kawika Shoji	Iolani (Hawaii)	Senior	Stanford
Kenny Webster	Edison (Calif.)	Senior	UC Irvine
Garrett Werner	Nicolet (Wis.)	Senior	Stanford
Cassie Yates	LaPorte (Ind.)	Senior	Northern Illinois

VOLLEYBALL WANTS YOUR HELP

Send college commitments to Volleyball Editor in Chief Mike Miazga at mmiazga@madavor.com. Please be sure to include a high resolution color headshot of the player. I'm especially looking for boy's juniors commitments.

2005 GIRLS' HIGH SCHOOL AWARDS



Mizuno® Volleyball ALL-AMERICANS



▶ Ashley Engle

FIRST-TEAM

Sarah Ammerman, 6'2", OH, Sr., Chaparral (Parker, Colo.), Texas A & M
 Brooke Bartek, 6'2", OH, Sr., Lincoln (Neb.) NE, Nebraska
 Mary Batis, 6', OH, Sr., Clark (San Antonio, Tex.), Texas A & M
 Blair Brown, 6'4", MB, Sr., Loudon Valley (Purcellville, Va.), Penn State
 Taylor Carico, 5'11", S, Sr., Mira Costa (Manhattan Beach, Calif.), USC
 Brittney Dolgner, 6', OH, Sr., Waupun (Wis.), Wisconsin
 Ashley Engle, 6'4", RS-S, Sr., Esperanza (Anaheim, Calif.), Texas
 Alisha Glass, 6', RS-S, Sr., Leland (Mich.), Penn State
 *Megan Hodge, 6'2", OH, Sr., Riverside (Durham, N.C.), Undecided
 Christina Kaelin, 6', OH, Sr., Assumption (Louisville, Ky.), Notre Dame
 Alix Klineman, 6'5", OH, Jr., Mira Costa (Manhattan Beach, Calif.), Undecided
 Rachael Moss, 5'10", OH, Sr., Los Alamitos (Calif.), Duke
 Janet Okogbaa, 6'3", OH, Sr., Berkeley Prep (Tampa, Fla.), Stanford
 Janine Williams, 6', OH, Sr., P.K. Yonge (Gainesville, Fla.), Florida
 Jessica Yanz, 6', S, Sr., Naperville (Ill.) Central, Penn State
 * 2005 Mizuno/Volleyball High School Player of the Year

SECOND-TEAM

(Name, Height, Position, Year, High School, College Choice)

Sydney Anderson, 6', S, Sr., Alta (Sandy, Utah), Utah
 Jenny Banse, 6', OH-MB, Sr., Churchill (San Antonio, Tex.), Texas A & M
 Taylor Barnes, 6', S, Sr., Martin (Arlington, Tex.), Baylor
 Jena Berg, 5'10", S-MB, Sr., Westosha Central (Salem, Wis.), Tennessee
 Allison Cecchini, 5'11", OH, Sr., Liberty (Brentwood, Calif.), Florida
 Megan Fesl, 6'2", OH-MB, Hersey (Arlington Heights, Ill.), Notre Dame
 Sarah Gray, 5'10", S, Sr., Brebeuf (Indianapolis, Ind.), Purdue
 Destiny Hooker, 6'5", OH, Sr., Southwest (San Antonio, Tex.), Texas
 Nikki Klingsporn, 5'10", S-OH, Sr., Tartan (St. Paul, Minn.), Wisconsin
 Kylie Marshall, 5'11", OH, Sr., Emerald Ridge (Puyallup, Wash.), Tennessee
 Tara Mueller, 6'2", OH, Jr., Desert Mountain (Scottsdale, Ariz.), Uncommitted
 Lindsey Licht, 6'5", RS, Jr., Grandview (Aurora, Colo.), Nebraska
 Callie Rivers, 6', OH, Jr., Winter Park (Fla.), Florida
 Meghan Simons, 6'4", MB, Sr., Bloom Carroll (Ohio), Ohio State
 Geena Urango, 5'11", L-OH, Jr., Los Alamitos (Calif.), USC



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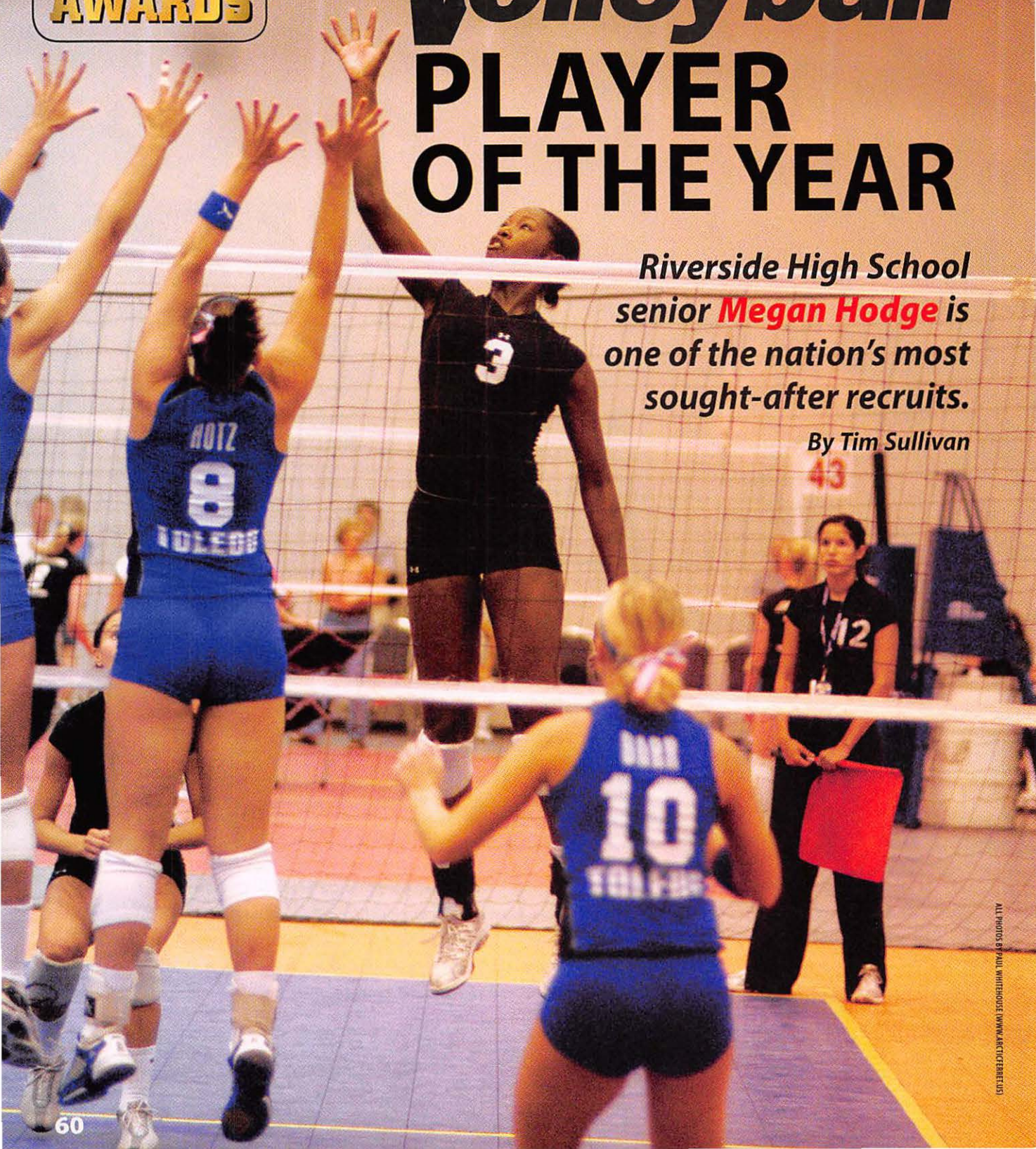
**2005
GIRLS'
HIGH SCHOOL
AWARDS**

MIZUNO[®]

Volleyball PLAYER OF THE YEAR

*Riverside High School
senior **Megan Hodge** is
one of the nation's most
sought-after recruits.*

By Tim Sullivan



It wasn't too long ago that Mike Hodge had an office in his Durham, N.C., home. It's where he went to sit down, pay the bills, do some paperwork, whatever the day called for. It was, more or less, a place to escape.

That was August of 2004. Or to be more precise, that was back before his daughter, Megan, started receiving college recruiting letters.

You see, Megan — in addition to being the 2005 Mizuno/Volleyball Girls' High School Player of the Year — happens to be one of the top recruits in the country. A 6'3" senior outside hitter at Riverside High who was named the 2004 Gatorade Player of the Year in North Carolina and is very likely to earn that honor again for 2005 (the Gatorade awards had not been officially announced as of press time), Megan has all of the nation's top volleyball schools salivating.

And her father has the mail to prove it.

"At first, it was cute. Over time, it almost became unmanageable," Mike said. "We started getting mail every day. Over 150 schools had contacted us. We eventually had to put it all in a crate and used my office to store it.

"Little did we know that was just the beginning. That was September of 2004. It only grew from there. As the mail kept coming in, before you knew it, we had six crates stacked up. I call it Megan's Volleyball Office now."

In that office, Megan — along with her father and mother, Carmen — cut the list of possible schools down to 20 and sent the rest thanks-but-no-thanks letters. Eventually, the list was trimmed to eight and then the three parties split up.

Carmen, a professor at the University of North Carolina, took the academic route and began to research each school's diversity and graduation rates for athletes. Mike took the volleyball angle, and analyzed just where and how Megan, 17, might fit in to each program. Megan, meanwhile, concentrated on her grades, her sport, her frame of mind and everything else that goes with being a senior.

"It can get rather stressful at times," Carmen said. "We're all very busy people, but we have the right strategy, we planned ahead and we're going to follow through on all of it. She has all of the information she needs, she knows the pros and cons. It's just a matter of making a decision."

Without pinpointing a specific date, the Hodges were hoping to have a verdict sometime in early 2006. Until then, Texas, Washington, Nebraska, Penn State, Florida, Minnesota, Long Beach State and Southern Cal will have to wait.

"It's flattering to have all the coaches call and for the schools to make offers," Megan said. "But it's kind of difficult to manage it all. Home used to be a place where I could rest and relax. Now, it's where I talk to coaches."

It wasn't always that way. Home, in fact, used to be Megan's training ground. When she first decided to play the game in her middle school years, her father — who, like her mother, was once a member of the Virgin Islands national team — taught her in the house.

"We used the living room at first, and my wife wasn't too happy about that," Mike said. "Eventually, we took it outside and she learned so gracefully. She has that rare combination of power, speed and grace. I'm 6'6" and 230 pounds and I can't do the things she can do out there.

"When I sit down and watch her, she does so many things that make you step back and say, 'Wow. That's just not supposed to happen.'"

"And then, when you go out and play against her, you're afraid of what might happen."

Not bad for someone who didn't like the sport at first.

"It was just that we were always in the gym because my parents were always playing. I just didn't like being there," Megan said. "By the time I got to middle school, I had to try it out, basically, because I didn't have anything else to do."

She quickly found out that she was a natural. That had a lot to do with her genes, obviously. But she also discovered that two of her previous hobbies — jump roping and basketball — helped mold her as well.

"Yeah, volleyball was a distant third to those sports," Mike said. "But because volleyball is a game based on timing and agility, she was really prepared when she picked it up.

"A lot of times, volleyball can make you look awkward. But that was never really a problem for her and that has a lot to do with what she played previously."

Carmen, who played at George Washington University, agrees.

"Skillwise, she's a lot better than I ever was," she said. "And things were different back then, too. I liked volleyball, but playing in college was a plus for me. I walked on to the team and it was great. But I was pre-med, so it was a lot of work just being a student.

"Now, the system is set up so that you can really succeed. The system helps you manage things so much better. It is such that people can become not only good students, but good athletes as well."

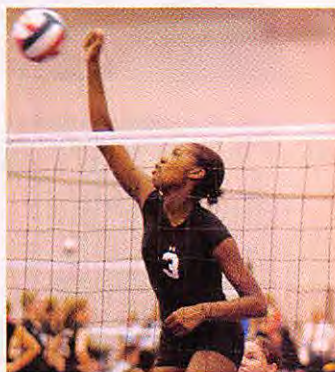
Carmen and Mike seem to already have that combination. Megan has a 4.40 cumulative GPA and is ranked 53rd out of a class of 493. She was also named an All-American at the 2005 AAU nationals, the 2005 MVP of the Carolina Regional Championships and the Pac-6 Conference Player of the Year.

Megan was also named to the U.S. Youth National Team and was named to the all-tournament team at the Junior Olympics in Salt Lake City.

"It's interesting. I'm finding that a lot more people know me than I realize," Megan said. "And with all that's going on, it can get stressful. But my parents made it clear that they wanted me to have as regular a senior year as possible. We're trying to do that.

"It's important to enjoy those senior things — the prom, spring break — because before you know it, it'll be over and I'll be in college."

By then, maybe her father can get his office back. ■



Hodge has narrowed her choice of colleges down to eight schools.

dancing ^{TO}

**Former ballerina
WHITNEY DOSTY**
has developed into
one of the nation's
top prep players.

By Anthony Gagliano

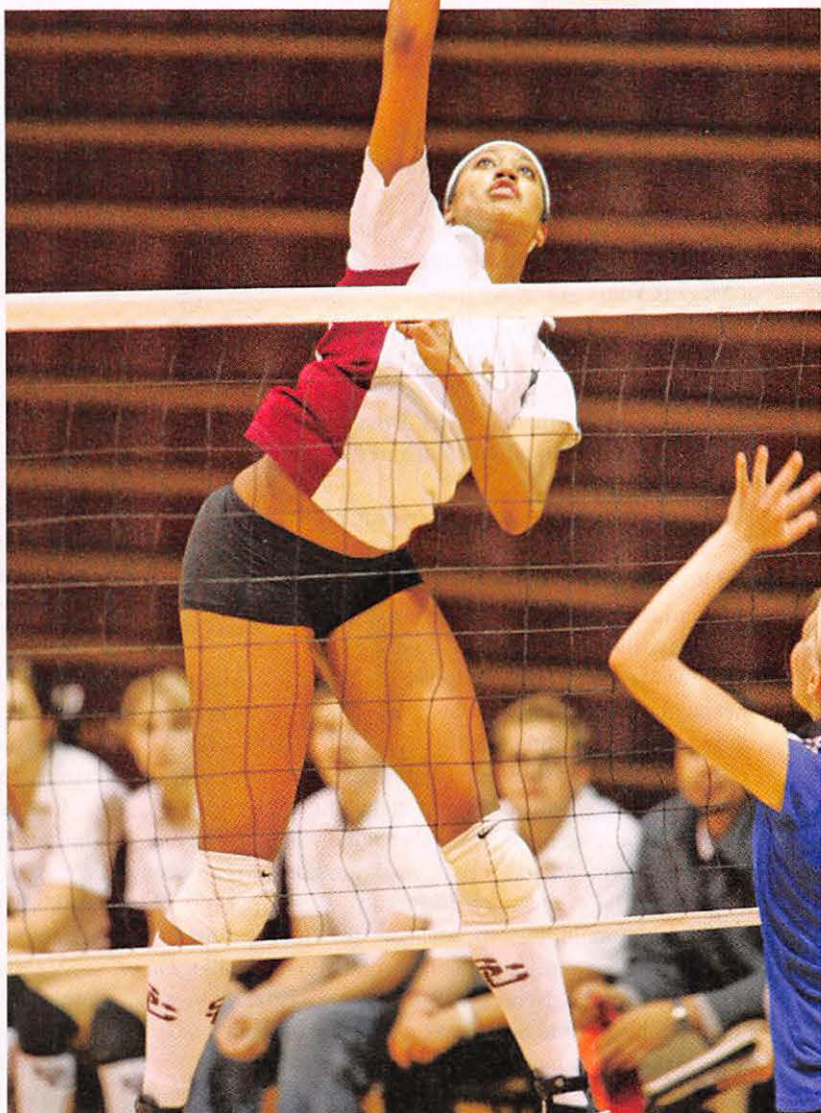
Whitney Dosty already is among the top volleyball players in the country. Imagine the possibilities once she gets a few years of experience under her belt.

"The sky's the limit if she decides to do it," Dosty's coach, Amy Johnson said. "In order for her to give up ballet, she really had to want it."

Two years ago, Dosty appeared primed to become a ballerina, performing in New York for the Dance Theatre of Harlem and the Alvin Ailey American Dance Center, among others. But a year ago, she decided she wanted to take up sports and chose volleyball, playing in high school for the first time as a junior. Her skills took off from there.

"I've just been taking it by ear," Dosty said. "It all came kind of fast."

Indeed. After playing for Salpointe Catholic High School in Tucson, Ariz., Dosty jumped straight to the celebrated Club Cactus team in the summer before working out with the U.S. Youth National Team at the Olympic Training Center in Colorado Springs, Colo. The whirlwind year paid off in a more well-rounded game for the 6'3" outside



Dosty is a former accomplished ballerina.

hitter. Already armed with a powerful swing, she added an improved passing game to begin becoming a complete player.

"She's so athletic, that's the biggest thing," Johnson said. "She's very smart and listens to everything. She wants to learn. And because she's so athletic, she's able to pick it up quickly."

A DIFFERENT BEAT



The 6'3" outside hitter is regarded as one of the top recruits in the Class of 2006.

Dosty's aptitude for sports shouldn't be a surprise. Even as a child, she participated in gymnastics and swimming while working at ballet.

"I was always in sports," Dosty said. "It just hasn't been volleyball."

She also comes from one of the most athletic families around. Her father, Robbie, played basketball at the University of Arizona from 1977-81, and her sister, Sybil, is a sophomore on the University of Tennessee's hoops team. Her mother, Sybil, even played a season of volleyball at Arizona while she was in college.

"They're all kind of competitive," Dosty said. "My dad has already gone through it, so that helps. And it was the same thing with my sister when that started two years ago."

While most recruits had narrowed their choices or made decisions on college by the early signing period in November, Dosty has kept a wide-open mind about the process. Certainly, she has the hometown pull for the Wildcats, and she has an offer to be a Volunteer like her sister. So far, she's made just one visit, traveling to the University of Florida's campus in Gainesville. Texas, Nebraska and UCLA are also on her list, but she's undecided on a final visit.

"She's not led me to believe one way or the other," Johnson said. "Her Top 3 or Top 5 is always changing. She's going to surprise everybody."

The biggest shock for Johnson and Dosty came when the Lancers were eliminated in the Arizona Class 5A Division I quarterfinals this past season after winning a region championship. The team had state title aspirations with Dosty and setter Jade Michaelson, a University of New Mexico recruit.

"I was disappointed," Dosty said. "I wish we would have gone further. We won our region (going undefeated in region) and we were pretty excited."

Her easygoing manner and determined focus should do her well in the future, according to Johnson.

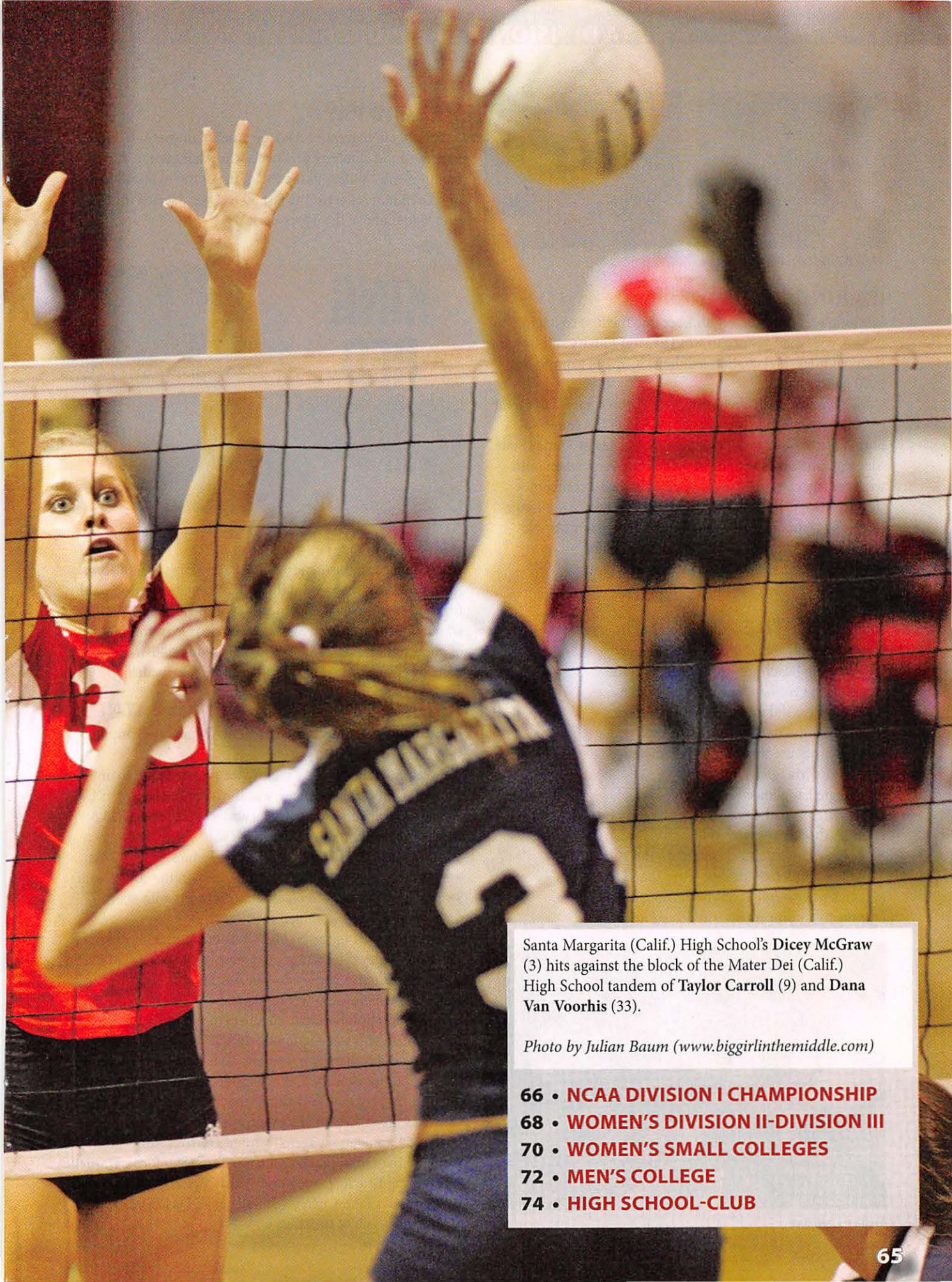
"She's poised, not superemotional one way or the other," Johnson said. "You can get her to do whatever you tell her to do." ■

ALL PHOTOS COURTESY JULIAN BAHN (WWW.BIGSHIRTINTHEHARD.COM)

THE FIFTH GAME

► Updates from around the sport





Santa Margarita (Calif.) High School's Dicey McGraw (3) hits against the block of the Mater Dei (Calif.) High School tandem of Taylor Carroll (9) and Dana Van Voorhis (33).

Photo by Julian Baum (www.biggirlinthemiddle.com)

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PAST & PRESENT: Jim McLaughlin

MAKING HISTORY

Washington's **Jim McLaughlin** became the first coach in NCAA volleyball history to win Division I men's and women's national titles. McLaughlin led the USC men's team to the 1990 national title.

McLaughlin, a Malibu, Calif. native who signed a five-year contract extension in January of 2005, also has some Nebraska history tied to him. When he coached at Kansas State, McLaughlin, who surfed with actor Sean Penn when both were teenagers, was the first coach to record a conference (Big 8 or Big 12) victory at the vaunted Nebraska Coliseum (breaking a streak of 101 straight conference wins by Nebraska). That happened in 1999. Heading into the season, Nebraska had won 93 percent of its home matches there.

GETTING THE JOB DONE

Nebraska's hitters and blockers deservedly garnered big headlines with their play. One aspect of the Huskers' success this season that may have slid under the radar was the team's setting. Coach John Cook employed a two setter offense this year, which included sophomore **Maggie Griffin** (right).

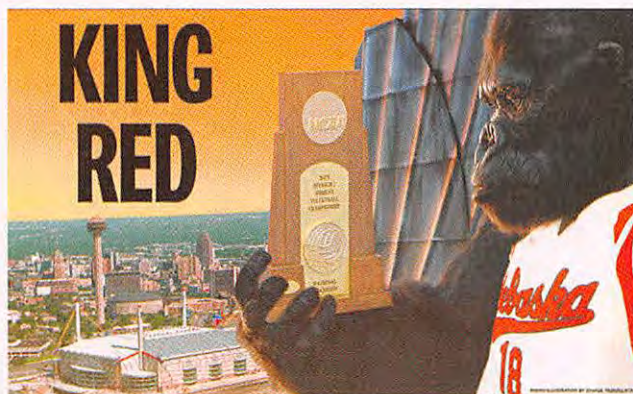
"Maggie has allowed us to run a two setter system," said Cook, who has junior **Dani Busboom** as the second setter. "You have to have two good setters to do that. Maggie is a different kind of setter than Dani. Maggie's improvement has been tremendous. Our team's improvement is reflected in that."



Andrew Loehman

HAZARD PAY

Volleyball photographer **Andrew Loehman** (bottom left) got in some good climbing practice at the Alamodome. Loehman had to climb 180 feet to the top of the dome to install lighting. Loehman reported the last 30 feet were scaled using a thin ladder above the upper deck.



KING KONG TALK

As referenced in this issue's Cover Story (Page 20), the *San Antonio Express-News* ran this King Kong illustration on the front of its sports page the morning of the national semifinals, which of course created a media feeding frenzy and plenty of good sound bites as well. The outstanding illustration was done by *Express-News* graphic designer Josh Trudell.

A QUARTER CENTURY OF GREATNESS

Judy Sweet remembers the first NCAA women's championship vividly.

Sweet, now the NCAA's senior vice president for championships and education services, was the athletic director at UC San Diego, which participated in and won the first NCAA Division III championship back in 1981.

"It was held at Maryville College in Tennessee and when we got there they were still painting lines on the court," said Sweet. "They brought in bleachers—four sets with six rows each—and they almost filled them."

Sweet was part of the NCAA Division I women's volleyball 25th anniversary celebration held recently at the Charline McCombs Empire Theatre in San Antonio during the NCAA national championship weekend.

The celebration honored members of the 25th anniversary NCAA team and also featured a unique fashion show that highlighted the change in women's volleyball uniforms over the last quarter century. ESPN announcer **Beth Mowins**, who did play-by-play for the national championship with **Heather Cox**, was the emcee for the event.

The 25th anniversary team featured **Deitre Collins** (Hawaii), **Elaina Oden** (Pacific), **Logan Tom** (Stanford), **Danielle Scott** (Long Beach State), **Kerri Walsh** (Stanford) and **Natalie Williams** (UCLA). Current Hawaii coach **Dave Shoji** was named the coach of the team.



Attendees were treated to a special fashion show highlighting the evolution in women's volleyball uniforms.

Collins, Oden, Tom, who came directly from Switzerland, and Shoji were present for the event. Scott, who taped a speech from Italy where she is currently playing professionally, Williams (playing basketball professionally in Russia) and Walsh (on her honeymoon with husband Casey Jennings) were not at the celebration.

"The level of athlete now is so strong," said Oden. "There are great athletes now from all over the country."

Women's Sports Foundation CEO Donna Lopiano was the keynote speaker and drove home several powerful points on just how far women's sports in general have come.

"In 1972, 1 in 27 girls played varsity sports," said Lopiano. "Today that number is 1 in 3."

And that last statistic has contributed to 25 years of NCAA volleyball memories.

BRINGING THE CELEBRATION TO HER

Nebraska senior middle blocker **Melissa Elmer** (left), who led the nation in blocking the last two seasons, was unable to attend graduation ceremonies back at school due to playing in the national title match. So Nebraska brought the party to her. Nebraska chancellor **Harvey Perlman** flew to San Antonio and presented Elmer with her degree in marketing.

ALAMO ANECDOTES

The tournament's presence at the Alamodome forced the NFL's **New Orleans Saints**, already displaced by Hurricane Katrina, to practice at a nearby high school in San Antonio—which drew national media coverage... Washington freshman outside hitter **Jill Collymore** became the second Collymore sister to play in a national title match in three years. Older sister, Jane, was a sophomore on Florida's 2003 team that faced USC for the crown... An estimated 2,500 fans watched Nebraska's semifinal win over Santa Clara back in Lincoln at **Bob Devaney Center**—the



TRASH TALK?

The Nebraska media had a field day with a remark that was attributed earlier in the season to Washington standout opposite hitter **Sanja Tomasevic**, the 2005 ASICS®/Volleyball Women's College Player of the Year. Tomasevic was quoted in a story stating that if her team faced Nebraska it would "crush" it.

"I was misquoted," said Tomasevic. "That quote was before we played USC. I said I looked forward to playing them. I would never disrespect them. I never talked about Nebraska like that."

To its credit, Nebraska took the minor hoopla in stride. "You don't take it personally," said Nebraska junior outside hitter **Christina Houghtelling**. "Whenever you hear comments like that, you use it as motivation."

In fact, Tomasevic and the other Washington players mingled with Nebraska players at the AVCA All-American banquet.

"We like them," said Tomasevic. "We're not enemies and we don't hate each other. They are great girls and great volleyball players. I don't know where this is all coming from."

Tomasevic was again asked about the remark after Washington won the NCAA title with a sweep of Nebraska.

"Now I can say it," said Tomasevic, with a huge smile across her face.



The Alamodome

school's basketball arena... This was believed to be the first time the No. 1 hitting team (Washington) faced the No. 1 blocking team (Nebraska) in the title match (**thanks Mike Sondheimer**)... Nebraska was 17-2 against teams that qualified for the NCAA tournament this year (losses to Texas and Washington)... Washington's **Candace Lee** (left) and **Courtney Thompson** were named to the Pac-10 Conference All-Academic first team... Washington swept opponents in 28 of its 32 victories this season. ■



Grand Valley State

NCAA DIVISION II CHAMPIONSHIP

Grand Valley State, which was ranked No. 16 in country in Division II heading into the tournament, stunned host and top-ranked **Nebraska-Kearney** 3-1 to win the NCAA Division II national championship in front of 5,025 fans—the largest crowd in Division II history. The championship was Grand Valley State's first.

Nebraska-Kearney had a 33-match winning streak broken and a 66-match home court winning streak snapped (tied for second-longest in Division II history).

The Lakers (32-6) received a balanced performance in the title match. **Meghan Moore** had 17 kills, while **Tracy Kirk** had 13 kills. **Megan Helsen** added 10 kills and 15 digs, while **Tina Tromblay** chipped in nine kills. **Cortney Lokker** had eight kills and 15 digs. Setter **Jamie Ashmore** tied a career-high with 50 assists. Libero **Alyson Riley** added 28 digs. Kirk and Tromblay are the only seniors out of that group.

Helsen, Kirk, Riley, Moore and Riley were all named to the Division II all-tournament team. Grand Valley State is 121-24 over the last four seasons under coach **Deanne Scanlon**. Nebraska-Kearney finished the season 38-2.

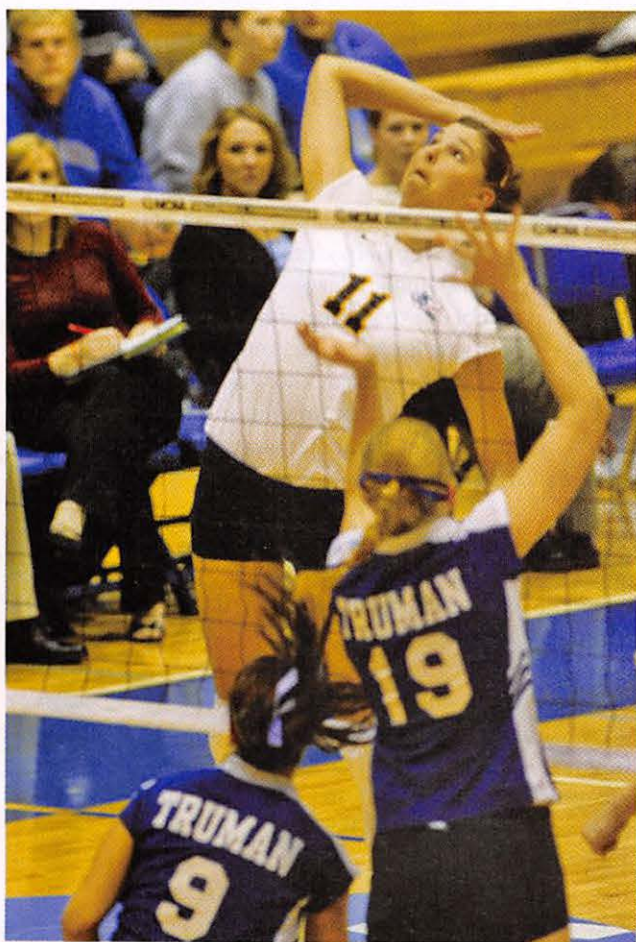
DIVISION II ALL-TOURNAMENT TEAM

Li Yizhi (Lock Haven), Stephanie Rivera (Tampa), Sarah Sherman (Tampa), Tiare Tuitama (Cal State L.A.), Cailin Terhaar (Concordia-St. Paul), Megan Helsen (Grand Valley State), Rachel Gerdes (NE-Kearney), Tracy Kirk (Grand Valley State), Erin Gudmundson (NE-Kearney), Allyson Riley (Grand Valley State), Meghan Moore (Grand Valley State)

GUDMUNDSON TABBED PLAYER OF THE YEAR

Nebraska-Kearney senior outside hitter **Erin Gudmundson** was named the AVCA Division II Player of the Year. Gudmundson helped lead Nebraska-Kearney to the NCAA Division II title match this year. Gudmundson is a three-time

AVCA All-American selection and was named the Rocky Mountain Athletic Conference Player of the Year this season. She is the program's all-time leader in kills (2,131) and block assists (402). She was part of four teams that went a combined 141-15.



Nebraska-Kearney's Erin Gudmundson

TUITAMA LEADS CAL ST. L.A.

One major cog behind Cal State Los Angeles qualifying for the Division II national quarterfinals was senior setter **Tiare Tuitama**.

"She's such a great player," said Cal State L.A. coach Bill Lawler, whose team advanced to the national semifinals (final four) for the first time since 1992. "She's a great athlete, a great worker and a great person. She's a stud. She's an All-American player."

Tuitama was named to the Division II all-tournament team. She averaged 11.96 assists and 2.36 digs per game in helping the Golden Eagles to a 28-3 mark.

"This year I had more of a sense of the game and what's going on," said Tuitama, the 2005 CCAA conference MVP. "Things like what the other team is feeling, being aware of where the blockers are and knowing who is on and who is off and keep feeding the person who is on. It's just being aware of the surroundings."

Tuitama, a Stockton, Calif. native, comes from an athletic family. Her mother, Nancy, was a setter at Pacific, while her father, Lui, played linebacker for Pacific. Her brother, Willie, played five games as a freshman quarterback for the University of Arizona this past season. Her uncle is San Diego Chargers and Miami Dolphins great Junior Seau great Junior Seau and her third cousin is Oakland Raiders back-up quarterback Marques Tuiasosopo.

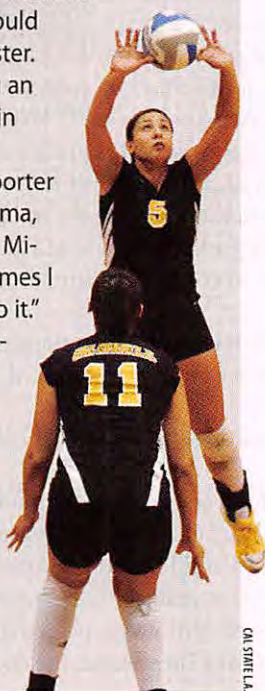
"I like to watch football on Sunday and Monday. I'm like a guy," laughed Tuitama.

After college, Tuitama would like to be a sports broadcaster. She was planning on doing an internship with Fox Sports in January.

"I want to be a sports reporter or commentator," said Tuitama, who enjoys the work ABC's Michelle Tafoya does. "Sometimes I visualize myself trying to do it."

Tuitama said the postseason experience was even more thrilling due to one key component.

"Getting to the final four was pretty phenomenal," said Tuitama. "The fans and student body were very involved in our games and that helped so much." —M.M.



CAL STATE L.A.



Wisconsin-Whitewater

DIVISION III CHAMPIONSHIP

The University of Wisconsin-Whitewater, which was ranked seventh in Division III, downed No. 2 Juniata 3-2 to win the NCAA Division III national championship at the Salem (Va.) Civic Center. Whitewater finished the season 40-4 and won the school's second volleyball title.



Abbie Mueller

Cassie Uttech and Rebekah Nelson were Whitewater's entries on the Final Eight all-tournament team. Whitewater's Abbie Mueller was named the tournament's most outstanding player. Whitewater also won the Division III title in 2002 and finished second in 1995, 2000 and 2001 and fourth in 1988.

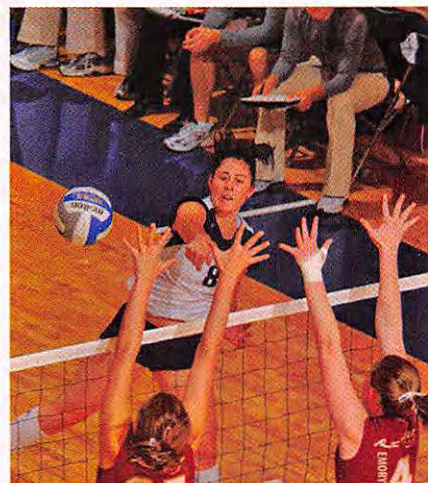
In addition to Whitewater and Juniata, New York University, Emory, Colby College, Washington University in St. Louis, LaVerne and Wittenberg also qualified for the national finals. Juniata was the defending Division III champion.

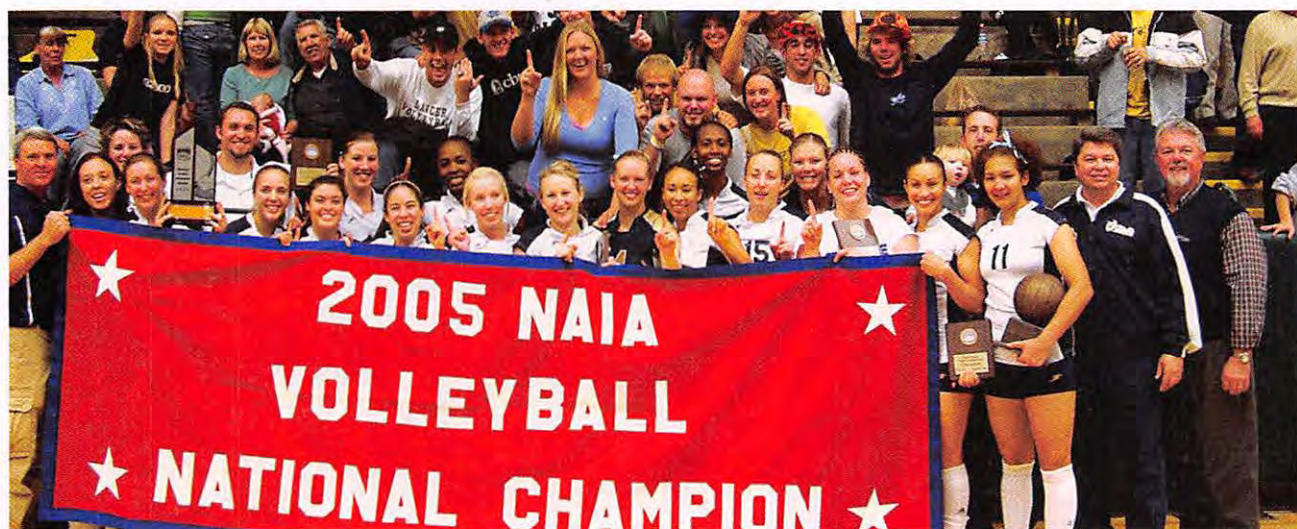
DIVISION III ALL-TOURNAMENT TEAM

Abbie Mueller (UW-Whitewater), Emily Dixon (Wittenberg), Leslie Flores (LaVerne), Amber Thomas (Juniata), Cassie Uttech (UW-Whitewater), Rachel Schatz (Juniata), Rebekah Nelson (UW-Whitewater)

EMORY'S ROSE EARNS PLAYER OF THE YEAR HONORS

Emory junior outside hitter **Courtney Rose** (right) was named the AVCA Division III Player of the Year. Rose averaged 3.82 kills, 3.42 digs, 0.52 blocks and 0.49 aces per game, while hitting at a .429 clip. Emory also won the program's first UAA Athletic Association title. Rose was named the 2005 UAA MVP. Emory was ranked No. 1 in the nation heading into the national tournament. ■





Cal Baptist won its second consecutive NAIA National Championship.

NAIA RESULTS

Championship Match

California Baptist d. Columbia College (Mo.) 3-0

Tachikara National Tournament MVP

Yudelka Bonilla (California Baptist)

Tachikara Tournament Coach of the Year

Ryan McGuyre (California Baptist)

National Tournament Sportsmanship Award

Point Loma Nazarene University

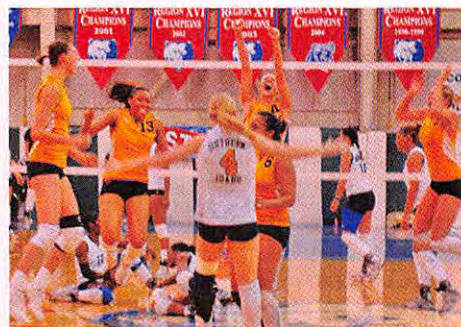
Quotable: "I am excited that we finished the season winning our last match playing the only way we know how to play," said McGuyre. "I am most impressed with our team's resiliency. We wanted to be one degree better each day. We were finally strong enough to defeat Fresno Pacific after losing to them three times this season and we improved enough to defeat Columbia in the finals after losing to them earlier in pool play. It was such an extremely challenging season. We suffered so many injuries and personal tragedies. Our endurance and faithfulness produced a blessed finish to our season."



Cal Baptist coach Ryan McGuyre (center) accepts his coach of the year award.

Recap: The College of Southern Idaho continued its rivalry with Miami Dade at this year's NJCAA tournament. CSI had won the title seven times previously, compared to Miami Dade's eight championship crowns.

"We were ranked first all year and they were the defending national champions, so that played out pretty well," said Stroud. "The first two games we made some runs and then we held on. The third game was really back and forth. We never really could get away from them. They flexed their muscles a little bit in that third game. We just kept siding out and got a little break here and there at the end, and won. Miami Dade is a really talented team. I thought what they lacked was ball control, so that hurt them



College of Southern Idaho celebrates after defeating Miami Dade

a little bit, and we played just good enough to win."

Stroud lauded the play of Kaczor, the tournament MVP.

"JoAnna was awesome the whole tournament. It was a fun team. They were really talented. They were really close and a lot of fun to coach," said Stroud.

NJCAA Division II Championship Finals

#2 Johnson County C.C. (Kan.) d. #1 Cowley C.C. (Kan.) 3-1

MVP: Lauren Kral (Johnson County)

Quotable: "I am so proud of how our team responded to the pressures and challenges at the tournament," said Johnson County coach **Jill Stinson**. "Scottsdale had us up against the ropes in the semifinal match, but this team just was not going to be denied. You always plan, work and hope that your team will be playing their best at the end of the season and that's

NJCAA RESULTS

Division I Championship Finals

#1 College of Southern Idaho d. #3 Miami Dade 3-0

MVP: JoAnna Kaczor (Southern Idaho)

Coach of the Year: Ben Stroud (Southern Idaho)



Johnson County Community College

exactly what happened. We relied very heavily on our outside hitters, **Lauren Krael** and **Emily Escher**, and they did a tremendous job. We handled the ball extremely well and that put us in a position to win the national championship."

NJCAA Division III Championship Finals

#3 Brookhaven College (Tex.) d. #2 Ridgewater College (Minn.) 3-1

MVP: Melina Figueroa (Brookhaven)

Coach of the Tournament: Jason Hopkins (Brookhaven)

Quotable: "This was our second NJCAA DIII national championship," said Brookhaven coach **Jason Hopkins**. "The 2004 championship was the first title in Brookhaven College history, in any sport. To repeat was a bit of a Cinderella story. It's an incredible honor to have coached a group of athletes like this. These kids give true meaning to 'For the Love of the Game,' especially because they're all relatively small kids who dreamed big. We were outsized all season long, every match. My tallest player is 5'8" and the team average is 5'6". Just an amazing group."



Brookhaven's Melina Figueroa (left) and Tasha Nguyen (right). Figueroa was the tournament MVP.

NCCAA RESULTS

Division I Championship Finals

#1 Cedarville d. Bethel College 3-0

2005 NCCAA Coach of the Year

Teresa Clark (Cedarville)

2005 NCCAA Player of the Year

Deanne Gonzalez (Bethel)



Cedarville coach Teresa Clark

Quotable: "The NCCAA Division I national volleyball tournament was an incredible experience for Cedarville University," said Clark. "A loss in pool play to Trinity International provided a renewed determination to perform at the highest level. It was amazing to watch our players work together as a unit and claim the championship. We are grateful that God enabled our team to accomplish this goal."



Cedarville University

NCCAA Division II Championship Finals

#6 Grace d. Baptist Bible College (Pa.) 3-2

Tournament Most Outstanding Player

Amy Pausley (Baptist Bible College)

National Coach of the Year

Steve Pearson (North Central)

National Player of the Year

Darla Sechrest (Southeastern)



Grace University

Quotable: "During the semifinal match, we lost our All-American middle hitter and captain, **Kaela Englekemier**, to a torn ACL," said Grace University coach **Angie Taulborg**. "At that point we used every member of the team to finish out the tournament. Each girl really stepped up their game to win in the semifinal and championship match. Our other two captains, **Rachel Ones** and **Kendra Huxman**, provided us great leadership. Our two outside hitters, **Lisa** and **Mary Harder**, had 29 and 21 kills in the championship match. The ladies have not lost a fifth game all year, so they had a lot of confidence going into the fifth and final game. I am very proud of them and their accomplishment." ■

SHAW RETIRES

Stanford men's coach **Don Shaw** announced his retirement from coaching effective at the end of the 2006 season. Shaw is in his seventh season as the Stanford men's coach. Longtime assistant **John**



Don Shaw

Kosty was named his successor. Kosty has been an assistant in the program for 15 years.

Shaw also coached the Stanford women's team from 1984-1999, accumulating a 440-70 mark (.863 winning percentage; first in NCAA history). Shaw led the Stanford women to 12 NCAA national semifinal appearances and NCAA titles in 1992, 1994, 1996 and 1997. Shaw sported a 90-79 mark with the men's team heading into this season.

QUITE A CATCH

Second-year Lewis University head coach **Dan Friend** brought in a huge recruiting class this season. The Flyers welcomed 14 new freshmen—the program's biggest incoming class since its inception 12 years ago. The list includes *Volleyball* Fab 50 members **Jordan Vidovic** and **David Kelnhofer**. Vidovic, who set the Illinois high school state record for most setting assists in a single season, will be the Flyers' starting setter. Kelnhofer was an all-state first-team selection as a senior at Catholic Memorial High School in Waukesha, Wis. Fellow Wisconsin prep all-stater **Drew Pickering** (Wauwatosa H.S.) is also a new face for Lewis. Pickering was a Junior Olympic all-tournament selection last summer.



2006 NCAA CHAMPIONSHIP

The 2006 NCAA men's national championship will take place May 4 and 6 at Recreation Hall on the campus of Penn State University in University Park, Pa. This is the fourth time Penn State has hosted the national tournament (1982, 1986, 2002 were the other times). The four-team event will feature the champions of the MPSE, the EIVA, the MIVA and one at-large team. The 2007 national championship will be hosted by Ohio State. It will also be Ohio State's fourth time hosting the tournament (1978, 1983, 1997).



PRIMETIME PERFORMERS

20 PLAYERS TO KEEP AN EYE ON THIS SEASON

NAME	SCHOOL	POSITION	YEAR
Brian Adamson	Pacific	OH	Sr.
Duncan Buderger	Long Beach State	MB	Sr.
Victor Batista	BYU	OH-MB	Sr.
Mark Greaves	Ohio State	OH	Sr.
James Grunst	Loyola-Chicago	MB	Jr.
Andy Hein	Pepperdine	MB	Sr.
Tyler Hildebrand	Long Beach State	S	Sr.
Jayson Jablonsky	UC Irvine	OH	Jr.
Tony Ker	UCLA	Libero	Soph.
Jimmy Killian	USC	S	Soph.
Maulia La Barre	Hawaii	MB	Sr.
Nick Meyer	Ball State	OH	Jr.
Evan Patak	UC Santa Barbara	Opp.	Jr.
Ivan Perez	BYU	OH	Soph.
Matt Proper	Penn State	Opp.	Sr.
Ben Reddy	Stanford	OH	Sr.
Alfred Reft	Hawaii	Libero	Sr.
Robert Tarr	Long Beach State	OH	Sr.
Brian Waite	Cal State Northridge	MB	Sr.
Jonathan Winder	Pepperdine	S	Fresh.



▲ From left: Jayson Jablonsky, James Grunst, Alfred Reft & Robert Tarr

2006 MOLTEN DIVISION III INVITATIONAL

Stevens Institute of Technology (Hoboken, N.J.) will host the 2006 Molten Division III Men's Invitational Volleyball Championship April 7-8 at the Schaefer Athletic Center-Canavan Arena. This is the 10th anniversary of the four-team tournament, which will include host Stevens Tech, and a representative of the EIVA, the NECVA and an at-large team from either the Midwest or West regions.



ROONEY OVERSEAS

Former Pepperdine standout **Sean Rooney** is now playing overseas for the Hyundai Capital squad in the Korean pro volleyball league. According to the website **donga.com**, this is the first year foreign players have been allowed to play in the league. The website ran a brief bio on Rooney which labeled him as a popular player and revealed "a Korean female fan proposed to him after an exhibition match." The website's scouting report said, "He has good attacks, but his defense is relatively uncertain." Rooney, the 2004 and 2005 ASICS®/Volleyball Player of the Year, played on the AVP tour this past summer.

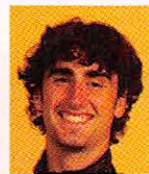


Sean Rooney

A FAMILY AFFAIR

Long Beach State middle blocker **Duncan Budinger** isn't the only sibling in his family that plays volleyball. His sister, Brittanie, is a recent former standout at the University of San Francisco and now plays professionally in Spain. His

younger brother, Chase, is a senior star at La Costa Canyon High School in Carlsbad, Calif., and was considered one of the top recruits in the Class of 2006. However, Chase has accepted a basketball scholarship to the University of Arizona. Duncan Budinger is one of numerous key returnees for a Long Beach State team that reached the championship match of the MPSF tournament in 2005.



Duncan Budinger

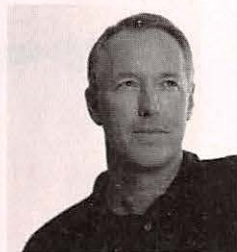
BLAST FROM THE PAST

The 1979 NCAA All-Tournament Team

Sinjin Smith (UCLA)
Steve Salmons (UCLA)
Peter Ehrman (UCLA)
Joe Mika (UCLA)
Bob Yoder (USC)
Pat Powers (USC)
Tim Hovland (USC)



Pat Powers



Sinjin Smith

Note: As you can probably tell, the 1979 final pitted UCLA against USC at Pauley Pavilion. UCLA won the title and capped the first perfect season in NCAA men's volleyball history (30-0). Smith was named the tournament's most outstanding player. ■

ROONEY: JAMES ROLISON; BUDINGER: LONG BEACH STATE; POWERS: PROVIDED; SMITH: JASON OLIVE



Girls Junior Teams are invited to join in the "Aloha Spirit" at the
1st Annual TranSports HAWAIIAN CLASSIC INTERNATIONAL Tournament
Hawaii Convention Center
Honolulu, Hawaii

Ages 12, 13, 14, 15

Tournament dates:
June 14, 15 & 16, 2006

Travel Dates:
June 11-18, 2006
June 12-19, 2006
June 13-20, 2006

*5, 6, and 7-night packages available
include: Waikiki hotel, players & coaches
party (with surprise guests!), goody bags,
awards ceremony, tournament t-shirt,
discounts and coupons for sightseeing
activities/shopping/food, 24/7 help desk,
access to vendors, and more!

Teams from United States, Canada, Australia, China, New Zealand, Japan and Korea have been invited.

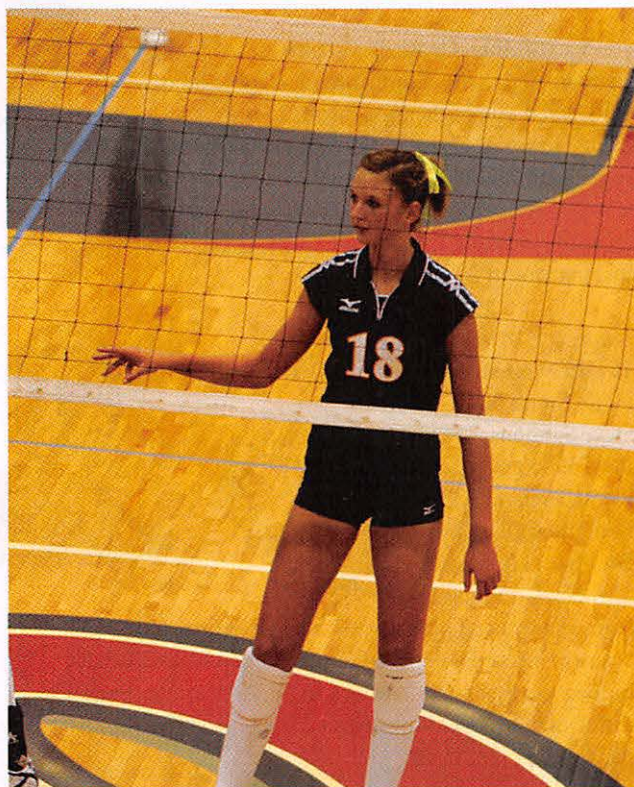
This will be a showcase tournament with college coaches in attendance.

For Information and Registration:
WWW.GOTRANSPTS.COM
Toll-free: 877-754-8726

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IN THE GENES

Sarah Ammerman, a 6'2" outside hitter at Chaparral (Parker, Colo.) High School, has a family that's just as competitive at home as on the court.

"Both my parents played in college and that's how they met. When you walk into our house the first thing you would probably notice is the eight-foot doors and vaulted ceilings. Everyone in my family is tall—my dad is 6'9", my mom is 5'11" and my older brother is 6'10". My twin brothers are always competing to see who is the tallest, and we are constantly pulling out the tape measure to see who is taller. Growing up, we always tried to pass each other up because once you do you get huge bragging rights over that person."

SARAH AMMERMAN ANECDOTES

1. Led Chaparral to a runner-up showing at the 2005 state championships
2. Led the state in total kills (696 this season)
3. Selected as All-Colorado Player of the Year by the *Rocky Mountain News*
4. Will play at Texas A&M next season

SETTING HIMSELF UP

When **Mike Hutz** makes the paper, he knows it.

"I was featured in several articles in the *Milwaukee Journal-Sentinel* throughout the high school season," explained the 6'2 1/2" setter. "After appearing in an article, I had several letters mailed to me with a copy of the article and



a congratulation. Now I have about 10 copies of each article."

A member of the Marquette University High School and North Shore club teams, Hutz led Marquette to its second consecutive state title this year, contributing 44 assists and three aces as his team defeated Wauwatosa West.

A service ace from Hutz won the match in the fourth game. Soon afterwards, Hutz was named player of the year in Wisconsin.

"My younger brother's sixth grade friend asked for an autographed picture," laughed Hutz.

As for the future, Hutz said he's merely trying to keep his feet on the ground.

"The only thing I really worry about is making sure I stay focused on school throughout this year and that it remains the focus of my college life in the coming years," said Hutz. "And that I won't be distracted by girls too much."

MIKE HUTZ'S TOP 5 VOLLEYBALL INFLUENCES

1. **Mike Gonring** – "My friend's dad who first introduced me to the sport and convinced me to play club with North Shore."
2. **Daniel Mathews** (current Ohio State setter) – "Watching him play and playing against him in high school provided me with a great role model for the type of setter and player that I aspired to be, both on and off the court."
3. **Larry Sorensen** – "My high school coach for the past 3 1/2 years. He taught me how to act both on and off the court and pushed me to be the player I am today."
4. **Mike Chartier** (national club director of the year) – "He was the one who told me to play setter at age 14 when I didn't have a true position."
5. **My parents** – "Although they didn't know much about volleyball, they taught me the ethic of hard work and the determination needed to excel in life."



KEEPING ALL BALLS IN THE AIR

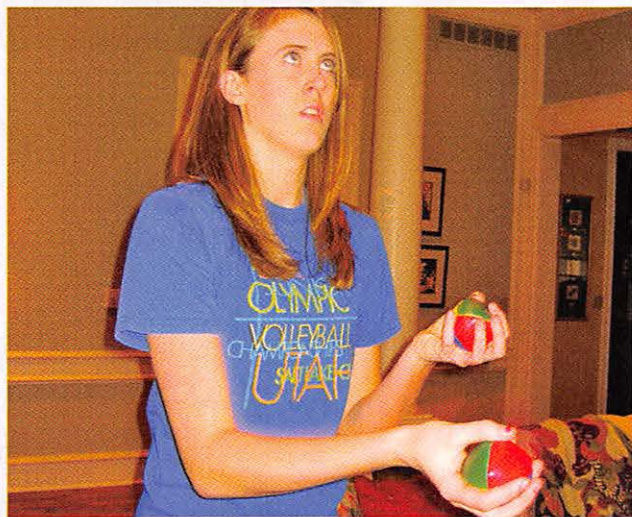
Elle Ohlander, a 6'5" middle blocker on the Club Fusion 16 Black (Marengo, Ill.) and Hononegah (Rockton, Ill.) High School teams, has discovered a great way to bond with her coaches.

"At an early practice at my new club, one of the coaches started juggling during a break," said the high school junior. "I joined in and it turned out to be a good icebreaker. Then again this summer, while on an unofficial

visit, the college coach picked up some tennis balls and started in. I was able to juggle with him, which gave us both something to joke about."

Last season Ohlander racked up 481 kills, 93 digs and 64 aces leading Club Fusion to a fifth-place finish at nationals and enabling her selection to the USA A3 team.

Ohlander on coaches: "I feel fortunate to have always had great coaches that taught me not only the sport but life lessons as well. Last year one of my coaches at Club Fusion was Doug Swierenga. If any of the girls on the team made something for him, he always wore it so as not to hurt their feelings. While on the plane going to nationals last year, I decided to make Doug a tiara. It was pink and sparkly and full of gems."



ORLANDO ORIGINAL

Sarah Mendoza hates to lose, so she does so as little as possible.

A 5'11" junior middle blocker-outside hitter on the Winter Park (Fla.) High School and Orlando Volleyball Academy teams, Mendoza recorded 243 kills, 42 blocks, 41 aces and

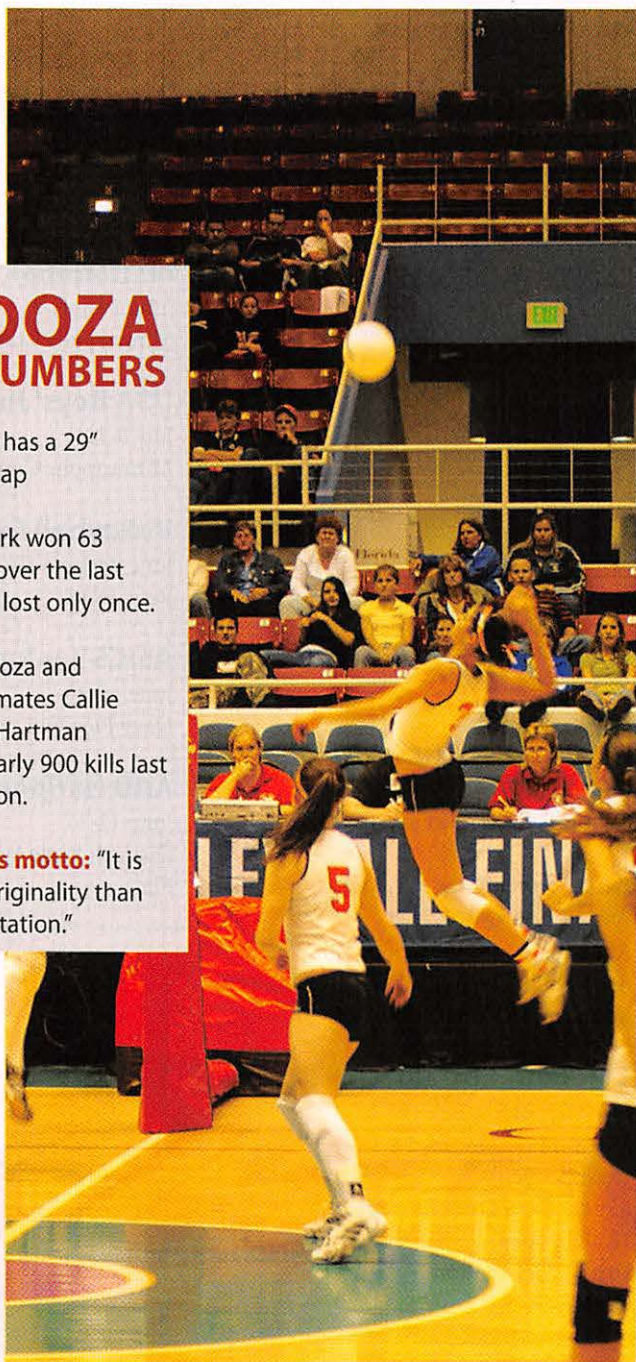
MENDOZA BY THE NUMBERS

29 Mendoza has a 29" vertical leap

63 Winter Park won 63 matches over the last two seasons and lost only once.

900 Mendoza and teammates Callie Rivers and Nikki Hartman combined for nearly 900 kills last high school season.

Sarah Mendoza's motto: "It is better to fail in originality than to succeed in imitation."



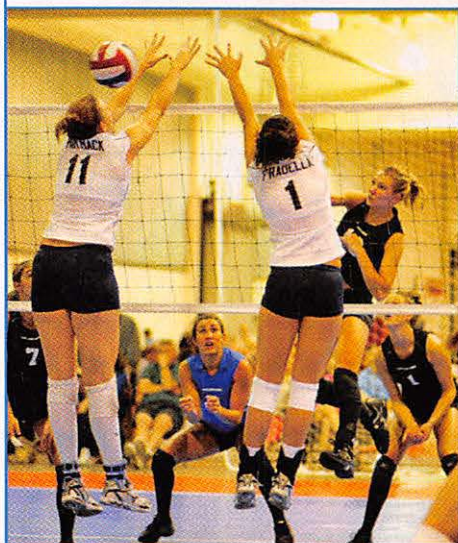
131 blocks for the season to lead Winter Park to its second consecutive state title. Last season, Mendoza's club team placed second at the Junior Olympics. Mendoza was named to the all-tournament team.

Mendoza credits her first club coach, Jose Quinones, with developing her playing style.

"He would always make sure we were prepared. If we had had a game at eight, we would literally get there at six. We would start warming up and think we were on the right court, but then the other team would show up and we'd realize we were in the wrong place. It happened so many times I can't even count." ■

ALL PHOTOS PROVIDED

2006 CLUB VOLLEYBALL TOURNAMENTS



Big South National Qualifier

March 31-April 2
Georgia World Congress Center, Atlanta

Kaepa Northern Lights National Qualifier

April 14-16 (14, 15 club, open)
April 28-30 (12, 13, 16, 17 18, club, open)
Minneapolis Convention Center

Colorado Crossroads National Qualifier

March 11-13 (12, 13, 14
15 club, open)
March 17-19 (16, 17,
18 club, open)
Denver Convention
Center

SCVA National Qualifier

March 31-April 2 (12,
13, 14, 16 club, open)
April 7-9 (15, 17, 18 club,
open)
American Sports Center, Anaheim, Calif.

USA Girls' Junior Olympics

June 28-July 5
Georgia World Congress Center, Atlanta

USA Girls' Junior Olympics Invitational

June 29-July 2
Minneapolis Convention Center

USA Boys' Junior Olympics

July 5-12
Minneapolis Convention Center

Volleyball Festival

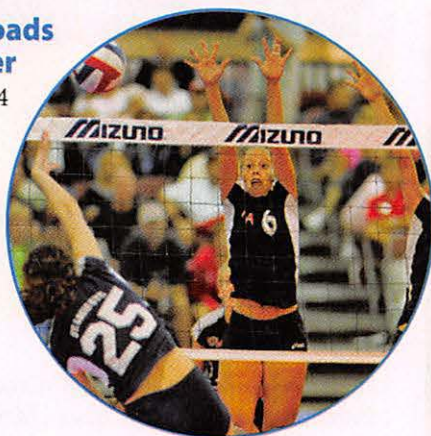
June 24-June 30
Reno, Nev.

ASICS Junior Nationals

June 16-20
Navy Pier, Chicago

AAU Nationals (Girls)

June 12-17
Disney's Wide World of Sports, Orlando,
Fla.



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WWW.VOLLEYHUT.COM

17 VOLLEYBALLNET.NET
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IFC = INSIDE FRONT COVER
IBC = INSIDE BACK COVER
BC = BACK COVER



C. Houghtelling



E. Gudmundson



C. Rose



J. Cook

AVCA PLAYERS OF THE YEAR ROLL CALL

NAME	SCHOOL	DIVISION
Christina Houghtelling	Nebraska	Division I
Erin Gudmundson	Nebraska-Kearney	Division II
Courtney Rose	Emory	Division III
Verania Willis	Cal. Baptist	NAIA

2005 AVCA DIVISION I ALL-AMERICANS

AVCA Player of the Year: Christina Houghtelling (Nebraska)

AVCA Coach of the Year: John Cook (Nebraska)

AVCA Freshman of the Year: Nicole Fawcett (Penn State)

2005 AVCA DIVISION I FIRST-TEAM

Jane Collymore (Florida)
 Melissa Elmer (Nebraska)
 Kim Glass (Arizona)
 Christina Houghtelling (Nebraska)
 Lindsey Hunter (Missouri)
 Laura Jones (Texas A & M)
 Sarah Pavan (Nebraska)
 Cassie Perret (Santa Clara)
 Kristin Richards (Stanford)

Courtney Thompson (Washington)

Sanja Tomasevic (Washington)
 Sam Tortorello (Penn State)

NCCAA PLAYERS OF THE YEAR

NAME	SCHOOL	DIVISION
Deanne Gonzalez	Bethel	Division I
Darla Sechrest	Southeastern	Division II

California Community Colleges Commission On Athletics Women's Volleyball Championships

At Fresno Convention Center-Selland Arena

Orange Coast d. San Joaquin Delta 22-30, 30-19, 13-30, 30-22, 15-12

ALL-TOURNAMENT TEAM

Kiwi Winkler (Orange Coast) MVP
 Francis Sandor (San Joaquin Delta)
 Brittany Ray (Orange Coast)
 Hillary Rasmussen (San Joaquin Delta)
 Samantha Conner (Orange Coast)
 Alicia Karver (San Joaquin Delta)
 Caitlin Parker (Orange Coast)
 Bev Hazel (El Camino)
 Lindsey Spainhour (El Camino)
 Ashley Boss (L.A. Pierce)
 Kristin Gorman (L.A. Pierce)

Ashley Bjorklund (West Valley)



NCAA DIVISION I STAT LEADERS

Kills: Laura Jones (Texas A & M) 6.09

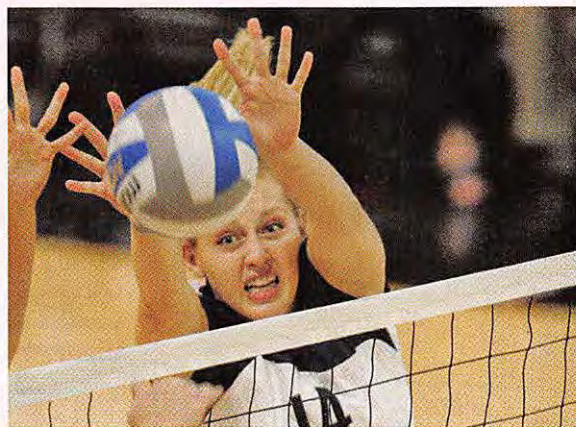
Aces: Mary Hock (Winthrop) 1.07

Assists: Courtney Thompson (Washington) 14.93

Blocks: Melissa Elmer (Nebraska) 2.17

Digs: Jenny McReynolds (Princeton) 6.83

Hitting %: Lindsay Hartsock (BYU) .444



BYU's Lindsay Hartsock

molten/Volleyball

WOMEN'S COLLEGE TOP 20 FINAL

RANK	TEAM	RECORD
1	Washington	32-1
2	Nebraska	33-2
3	Tennessee	25-9
4	Santa Clara	27-5
5	Florida	33-3
6	Arizona	23-6
7	Missouri	24-5
8	Wisconsin	26-7
9	Penn State	31-3
10	Hawaii	27-7
11	Notre Dame	30-4
12	Louisville	31-3
13	UCLA	20-11
14	Stanford	26-6
15	Ohio	33-3
16	Texas	24-5
17	USC	17-11
18	Minnesota	25-8
19	Pepperdine	19-11
20	Perdue	25-9



DAVE LAWSON AND MONIC PEPPERDINE

◀ **CAITLIN LAWSON** is a 6'2" freshman outside hitter for the Pepperdine women's team. Lawson was part of a Waves team that won 19 matches this past season and advanced to the regional semifinals of the NCAA tournament. Lawson saw action in 60 games in her inaugural campaign. A native of Walnut Creek, Calif., and a graduate of Carondelet High School, Lawson, Pepperdine's resident funny woman, was part of a 2005 Pepperdine recruiting class that was ranked No. 10 in the country by *Volleyball*. Lawson, whose father was an alternate at the 1948 Olympics in wrestling, was the 2004-2005 Gatorade Player of the Year at Carondelet.

WHY WAS PEPPERDINE A GOOD TEAM THIS YEAR? We can pull together and win when it counts.

FAVORITE ATHLETE? AVP player **Scott Wong** (Pepperdine men's assistant)—he rocked the SPAM hat.



IF YOU COULD BE A TV CHARACTER, WHO WOULD IT BE? I'd be **Phoebe** on "Friends." She's quite the free spirit.

IF YOU COULD MEET ANY PERSON LIVING OR DEAD, WHO WOULD IT BE? • **Oprah**. She's my hero in life.



PET PEEVE? People who use the word "nummy" when talking about food

MOST EMBARRASSING MOMENT IN A MATCH? I'm a pretty embarrassing person in general. Nothing really comes to mind, but I have slipped and fallen from my own sweat marks plenty of times.

MOST FAMOUS PERSON YOU HAVE MET? I saw **Jamie Lynn Spears** (Britney Spears' sister) on campus one time. Does that count?

STRANGEST THING THAT HAS EVER HAPPENED TO YOU? A homeless man once threw a red shoe at me.

BEST CHRISTMAS OR BIRTHDAY PRESENT?

I got a **razor scooter** for Christmas, but my dad made me take it back because he thought I'd get hurt.

FAVORITE TOY AS A CHILD? I liked playing Oregon Trail on the computer, but my oxen always died while trying to forge the river.

ONE THING FEW PEOPLE KNOW ABOUT YOU? I was on an episode of "Nash Bridges."

IF YOU STARTED A REALITY SHOW, WHAT WOULD THE SUBJECT BE? I'd like to be made into a river dancer on MTV.

WORST PLACE YOUR CELL PHONE HAS STARTED RINGING? During the national anthem at a local volleyball match

FUNNIEST THING YOU HAVE EVER SEEN? Teammate **Katy Daly** celebrating after a big point

WHAT WOULD YOU LIKE TO BE WHEN YOU GROW UP? I have to grow up?

